



10 Foods and Drinks Jesus Likely Consumed

Over the last several years, with the increasing interest in eating and living healthier, the question about what Jesus might have eaten has become a popular topic of speculation. In some instances we can discover the foods Jesus ate by reading the Bible. For example, Luke 24:41-43 states “And while they still did not believe it because of joy and amazement, he asked them, “Do you have anything here to eat?” They gave him a piece of broiled fish, and he took it and ate it in their presence.” However, this is one of the rare passages in the Bible actually showing us the types of food and drink Jesus consumed. However, historians and archeologists have made educated guesses based on the foods known to grow in the geographical area and on customs and beliefs during the life of Jesus. The list of foods and beverages below are some of the ones many believe Jesus likely ate in his lifetime.

Foods Jesus Likely Consumed: www.beliefnet.com/wellness/health/healthy-living/10-foods-and-drinks-jesus-likely-consumed.aspx

Pomegranates

An early mosaic of Christ from the 4th century features pomegranates flanking Him. The remarkable number of juicy seeds in a pomegranate symbolizes the many believers who make up the church in religious history. The pomegranate is considered a “super fruit” because it is tremendously rich in antioxidants. The pomegranate’s antioxidants are thought to be responsible for the potential health benefits. Research studies suggest that regular consumption of pomegranates or pomegranate juice can support heart health, breast health, prostate health, and skin health. Nutritionally, a single pomegranate provides nearly 50% of our daily fiber and Vitamin C needs.

Fish

Christ was cooking fish when first seen by some of His disciples after His Resurrection. Fish is an excellent source of lean protein, an essential part of our regular diet. Additionally, fatty fish like salmon, mackerel, sardines, lake trout, and herring are excellent sources of omega-3 fatty acids. The omega-3 fatty acids have been reported to have anti-inflammatory actions and consumption of adequate amounts of omega-3 fatty acids have been suggested to support healthy blood lipid levels, reduce blood pressure, and reduce heart disease risk. Fishing was a common occupation during Jesus’ day. Christ asked Simon (also called Peter) and his brother Andrew to follow Him to become “Fishers of Men” at the Sea of Galilee.

Honey

Christ’s first cousin, John the Baptist, consumed honey, so Christ and others also likely enjoyed with oven-baked bread. Honey has a long history of use as both a food and for its natural health benefits. Many of the phytonutrients in raw honey have been reported to have cancer-fighting properties. It has also been suggested that adding honey to one’s diet can support normal blood sugar and cholesterol health. The carbohydrates in honey have been shown to enhance digestive tract health by promoting beneficial bacteria, and would have been a good energy source for the long walking journeys during the time.

Olive Oil and Olives

The “sop” used to dip bread in during the Last Supper may have been or contained olive oil. Olive oil and olives have long been a staple of the Mediterranean diet, a dietary pattern thought to be much healthier than typical Western diets. Olive oil is rich in anti-inflammatory and anti-oxidant compounds as well as dietary fat. However, the dietary fat in olive oil is mostly monounsaturated fat, which has been reported to support normal heart health by

reducing total and bad cholesterol levels. Additionally, the anti-oxidant and anti-inflammatory properties of olive oil have been reported to support normal blood sugar health, ease joint discomfort, and decrease breast cancer risk. Olive oil also nourishes skin health for a glow.

Grapes

Jesus called Himself “The True Vine” in John 15:1-6. Many vineyards are still in the Jerusalem area and surrounding hillsides. Grapes are a rich source of many phytonutrients including resveratrol and saponins and many other antioxidant compounds. Research reports have suggested that red grapes or grape juice can support normal heart health by decreasing bad cholesterol and triglycerides, preventing the oxidation of bad cholesterol, and supporting an overall improved antioxidant status. New research shows that grape extracts also support healthy skin!

Vinegar

According to the Gospels, a sponge soaked in wine vinegar was offered to Jesus twice while on the cross. Jesus refused the first offering containing a mixture of a pain-killing narcotic herb and vinegar. He accepted the second offering which was likely the common drink of soldiers called “posca.” It would have contained vinegar, water, and eggs. Vinegar, including wine vinegar and apple cider vinegar, has been reported to slow the breakdown of carbohydrates in the digestive system, helping to support normal blood sugar health. Vinegar has also been shown to increase the absorption of calcium from vegetables, making vinegar a good ingredient for your salad dressing.

Figs

Jesus attempted to eat figs from a fruitless fig tree on the road to Jerusalem, so we can assume He enjoyed figs. Figs have long been grown and eaten in the Mediterranean area. Figs are excellent sources of potassium and dietary fiber. Potassium is important for the support of normal blood pressure and dietary fiber has numerous health benefits including weight management, digestive tract health and reduced risk of breast cancer. Figs are also good source of antioxidant phytonutrients like anthocyanins and carotenoids.

Lamb

Lamb is an important part of the Passover feast. It is an excellent source of dietary protein, an essential nutrient for human health. Additionally, lamb provides high amounts of vitamins B3 and B12 as well as high amounts of selenium, zinc, phosphorous, and iron. Zinc has been reported to be important for healthy immune function and blood sugar health, while vitamin B12 plays an

essential role in the normal metabolism of carbohydrates, fats, and proteins. While lamb is high in saturated fat, it contains less than most other meat products. Of the total fat in lamb, only about 36% is saturated; the rest is mono- and polyunsaturated fat, the healthier varieties of fat.

Bread

Jesus called himself “The Bread of Life” in John 6:35. Bread was passed out at the feeding of the 5,000 men (plus families) and 4,000, and consumed at the Last Supper. Many whole grain breads are a rich source of vitamins and minerals as well as dietary fiber. Soluble dietary fiber has been reported to help with weight management, digestive tract health, blood sugar health, purging of bad hormones from the body, and heart health. Eating a diet low in fat and high in grain products, fruits, and vegetables that contain dietary fiber may reduce your risk of some cancers including breast cancer. Additionally, soluble fiber from foods such as oat bran and whole grain barley, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

HOLY WEEK BEGINS

Palm Sunday of the Lord's Passion

April 8-9, Regular Weekend Masses

Five unique things about this liturgy:

1. On the Calendar before Vatican II, this was TWO Sundays: Palm Sunday and Passion Sunday. When the committee in charge of revising Lent and Holy Week were restoring the RCIA, it meant making a decision between three scrutinies on the 3rd, 4th, and 5th Sundays of Lent and the later development of Palm Sunday and Passion Sunday. They went with the earlier development and combined the 5th and 6th Sundays of Lent into the liturgy we have today.
2. It's notable for its procession with palms! Holy Week begins in triumph, Jesus being hailed as an earthly king and ends in triumph, Jesus rising from the dead and destroying death forever. There's a lot that happens in between though! Check out the other stations to see.
3. A result of the combining of two liturgical observances is that the mood quickly changes from the festive opening with procession and hosannas to the recollection of the Passion of the Lord. Isaiah's prophecies accompany us through Holy Week, and the first reading is the first of those passages.
4. Remember that Jesus was a faithful Jew. The Psalm, "My God, my God, why have you abandoned me?" was a prayer that he knew well. When it came to his suffering on the cross, many of his words were Psalms that he knew well because of his upbringing.
5. The Passion is read proclaimed for the first time in Holy Week. Additional readers are invited to share in the proclamation of the Passion, according to ancient tradition. In the oldest traditions it was SUNG! Palm Sunday rotates between Matthew, Mark, and John. This year is Matthew's Passion.
 - On the old calendar, it used to be ONE PASSION PROCLAMATION each day of Holy Week except Holy Thursday!
 - Palm Sunday was Matthew's Passion
 - Monday of Holy Week and Good Friday were John's Passion
 - Tuesday was Mark's Passion
 - Wednesday was Luke's Passion

THE SACRED PASCHAL TRIDUUM
Holy Thursday Mass of the Lord's Supper
April 13, 7:00 p.m.

Five unique things about this liturgy:

1. It is the beginning of one long liturgy which lasts three days and is punctuated by five major services: Holy Thursday Mass of the Lord's Supper, Good Friday Celebration of the Lord's Passion, the Easter Vigil, Easter Sunday, and an Easter Evening Prayer Service.
 - a. We do not have an Easter Evening Prayer at OLIH on Easter Sunday but will on the Sunday after, April 23
 - b. God will not be outdone in generosity. If you give your time to the Lord in these liturgies, you'll feel like you've been on retreat. Walking the path of Christ's paschal mystery calls to mind our own dyings and risings. Join Christ on his Paschal way!
2. We are instructed that the tabernacle is to be EMPTY at the start of Mass. Why? It is a reminder that the Eucharist did not always exist. Jesus Christ instituted it at a point in history – at the Last Supper, on the night before he died – as an everlasting memorial, making himself the Passover feast.
3. We receive our new supply of sacramental oils and ceremonially place them in the AMBRY, which is on the wall inside the church that is shared with the day chapel. The bishop blesses these oils at the Cathedral the week before Holy Thursday and parishes bring them back to be used in the sacraments of baptism, confirmation, and anointing of the sick.
4. Only THREE of the four Gospels mention anything about bread and wine at the Last Supper (Matthew, Mark, and Luke). In John, the washing of feet takes the place of the words of institution of the Eucharist. "Do this in memory of me" in John's Gospel means, "wash others' feet as I have washed your feet." Service and Eucharist are inextricably linked!
 - a. Here at OLIH we give everyone the chance to wash feet and to have them washed. We also give our collection to our parish emergency relief fund to assist people who come to us in need. Can you make a contribution to help the people of Ankeny at Holy Thursday?
5. At the end of the liturgy is the TRANSFER OF THE HOLY EUCHARIST, and a time of quiet prayer follows. One way of looking at this is the time in the garden of Gethsemane. Jesus asks us to stay with him, to watch and pray. There is no dismissal...only a fading into the evening and next day as we continue walking with Christ in his Paschal Way.

THE SACRED PASCHAL TRIDUUM
Good Friday Celebration of the Lord's Passion
April 14, 7:00

Five unique things about this liturgy:

1. **There is no Mass celebrated today** (but there were enough hosts consecrated so that we can share communion—a link between the Last Supper and Christ's sacrifice on the Cross.).
2. We believe that the word of God proclaimed in the worshiping assembly is one mode of the presence of Christ. Without the celebration of Mass, the Eucharistic prayer, the proclamation of the Passion according to Saint John becomes a primary way that Christ is revealed to us.
3. The Veneration of the Cross is the Good Friday central act of worship of the Crucified Christ. Here at OLIH we have the capability to make a strong statement. Come and see! The cross has no corpus (body) hanging on it that day.
 - a. Why a CROSS and not a CRUCIFIX on Good Friday? All the rubrics (instructions) and all the texts for the veneration of the cross on Good Friday use the word "cross". The hymns sung during the rite honor the cross as a symbol of hope and of our salvation through the crucifixion. While the crucifix focuses on a moment in history, the cross embraces the whole of the paschal mystery – Christ's suffering, death, resurrection, and his coming again.
4. The liturgy begins and ends without the sign of the cross, a sign that it is a continuation of Holy Thursday's liturgy, and that Jesus' death on the cross is not the end!
5. Good Friday is a day of fasting and abstinence, and we are encouraged to keep the day quiet as we contemplate the death of the Lord.

THE SACRED PASCHAL TRIDUUM

Easter Vigil

April 15, 8:30 p.m.

Five unique things about this liturgy:

1. **Come and renew your baptismal promises!** The Easter Vigil is our annual gathering as Christians. When we celebrate baptism with the Elect, we remember that we, too, were baptized and are called to live out our baptismal call!
2. **It is called “the mother of all vigils”.** What’s a vigil? We keep watch for something, anticipate something, pray for something. All we know is that on Good Friday, Jesus died. He was laid in the tomb, and then on Easter Sunday morning, early in the morning, women came to the tomb.
3. **It may only begin after nightfall.** That’s because the night Jesus rose from the dead echoes when the Israelites left Egypt after the death of the First-born (Passover). Instead of leaving earthly slavery like the Israelites, Jesus left the prison of the tomb and destroyed death forever, making the way for us to also be free from death.
4. There are **4 parts to the Easter Vigil**.
 - a. **Service of Light** with blessing of new fire and new paschal candle. A celebration of the light of Christ.
 - b. **Liturgy of the Word:** There are 7 Old Testament readings that trace salvation history from Creation to the Exodus to the promise of the prophets that a Messiah would save us. We’ll use 3 of the 7. The Gloria and the Alleluia return to our worship with great joy as the New Testament letter and the Gospel of the resurrection of Jesus are proclaimed.
 - c. **Christian Initiation:** After the homily, we pray with all the saints for those who are to be baptized into Christian faith. The water in the font is blessed and the Elect are baptized. Then those joining the Catholic Church from another Christian community profess their Catholic faith, and, along with the newly baptized, are confirmed.
 - d. **Liturgy of the Eucharist:** Everything comes together around the altar of the Eucharistic sacrifice and banquet. We close this glorious liturgy sharing the feast that has freed us: Jesus Christ, himself.
5. **Before the Holy Week reforms of 1955** (prior to Vatican II), the Easter Vigil was celebrated in the MORNING after Good Friday. The Holy Week reforms required that it go back to nighttime like the first Christians did.

THE SACRED PASCHAL TRIDUUM

Easter Sunday

April 16, 8:00 and 10:30 am.

Five unique things about this liturgy:

1. Alleluias return! Try the Greek Easter greeting throughout the Easter season:
 - a. Greeting: Christos anesti! Alleluia!
Response: Alithos anesti! Alleluia!
(Christ is risen! He is risen indeed!)
2. Renewal of Baptismal Promises in place of the Creed
3. After all the once-a-year, Easter Sunday Mass seems familiar and comfortable.
4. Easter Sunday is often called the “Eighth Day” – the day of the New Creation. By our baptism into Christ’s resurrection, we are his new creations.
5. The Triduum closes formally Easter Sunday evening with Easter Vespers (evening prayer).