

**GOSPEL PEARLS**

## Vegetarians and vegans

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*And Jesus called the people to him again and said to them, "Hear me, all of you, and understand: There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him." And when he had entered the house and left the people, his disciples asked him about the parable. And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, since it enters not his heart but his stomach, and is expelled?" (Thus he declared all foods clean.) And he said, "What comes out of a person is*

*what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.” (Mark 7: 14-23)*

Human beings sin first and foremost with their souls, giving in to temptations and evil desires. It is our soul that leads us to misuse our bodies and other material things. Too bad for vegetarians and vegans, but it was Jesus who reminded us that there were no foods that should not be eaten in terms of being harmful to our souls. Let's ask Jesus to help us care for our souls more than our bodies. Our bodies, at any rate, should not be completely abandoned since they, too, are destined for resurrection and eternal life.