**GLUTTONY**

Whenever the term “**gluttony**” appears, people often associate it with over eating. That is the easy way out of dealing with the sin of gluttony. “I/he/she eat too much.” As is the case with all sin, we often treat the symptoms of sins as if they were the root problem. We would not hand a tissue to a person dying of lung cancer and assume that this is the appropriate treatment. Therefore, in all of the Seven Deadly Sins we have seen that much of the root is an over concern and focus on my wants and my perceived needs. One may call it narcissism, but what it is called is irrelevant. Naming the sin and looking at the manifestations of that sin can help us address the root cause or causes. I have carefully attempted to avoid using psychological explanations since the confessional is not meant to be a place where the Confessor functions as a Therapist, but rather as the representative of Jesus, hearing and being used by the Great High Priest as an instrument of Grace. The confessional is not the place to make excuses for our sin and justify our “inappropriate behavior” it is where we hold ourselves accountable for our sinful behavior knowing that God holds us accountable.

Gluttony has as its root the desire to have more than we need. We ask in the Lord’s Prayer for our “Daily Bread” and then we eat, drink, and acquire more than what 80% in the world will have today. Over the years parents have reminded their children to eat everything on their plates, “Remember the starving children in (fill in the blank with which country has been mentioned over the years.). The world in which we live today is a junk food culture. We stuff ourselves with junk from the computer, with junk from high carb no food value snacks, we drink junk when we are not thirsty, and we buy junk that neither we nor anyone else will ever use. We have storage units to store what we will probably never use, and we use garages as overflow units as our cars are parked in the street. We spend hundreds of dollars on entertainment, and then complain when the Church asks people to consider tithing. We give a 15 - 20% tip (Big Tithe) in a restaurant, and then we Tip God.

If what we put into our bodies through our eyes, ears, and mouth were “investments” we would be broke. The parable that Jesus give us regarding Lazarus and the Rich Man is a clear teaching from Jesus regarding gluttony. The rich man doesn’t even notice poor Lazarus who gets to eat the crumbs that the rich man drops on the ground. The sin is “filling me” and giving little or nothing to those in need. People of great means who share what they have are blessings to so many, but people who only take care of their own needs only “bless” themselves.