**Genesis 2:18-24**

The LORD God said, "It is not good that the man should be alone; I will make him a helper as his partner." So out of the ground the LORD God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the LORD God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said,

"This at last is bone of my bones

and flesh of my flesh;

this one shall be called Woman,

for out of Man this one was taken."

Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

**Psalm 8**

1 O LORD our Governor,
how exalted is your Name in all the world!

2 Out of the mouths of infants and children
your majesty is praised above the heavens.

3 You have set up a stronghold against your adversaries,
to quell the enemy and the avenger.

4 When I consider your heavens, the work of your fingers,
the moon and the stars you have set in their courses,

5 What is man that you should be mindful of him?
the son of man that you should seek him out?

6 You have made him but little lower than the angels;
you adorn him with glory and honor;

7 You give him mastery over the works of your hands;
you put all things under his feet:

8 All sheep and oxen,
even the wild beasts of the field,

9 The birds of the air, the fish of the sea,
and whatsoever walks in the paths of the sea.

10 O LORD our Governor,
how exalted is your Name in all the world!

**Hebrews 1:1-4; 2:5-12**

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs.

Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere,

"What are human beings that you are mindful of them,

or mortals, that you care for them?

You have made them for a little while lower than the angels;

you have crowned them with glory and honor,

subjecting all things under their feet."

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone.

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory,

should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying,

"I will proclaim your name to my brothers and sisters,

in the midst of the congregation I will praise you."

**Mark 10:2-16**

Some Pharisees came, and to test Jesus they asked, "Is it lawful for a man to divorce his wife?" He answered them, "What did Moses command you?" They said, "Moses allowed a man to write a certificate of dismissal and to divorce her." But Jesus said to them, "Because of your hardness of heart he wrote this commandment for you. But from the beginning of creation, 'God made them male and female.' 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Then in the house the disciples asked him again about this matter. He said to them, "Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery."

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them.

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There is a habit that plagues many so-called spiritual minds: they imagine that matter and spirit are somehow at odds with each other and that the right course for human life is to escape from the world of matter into some finer and purer (and undoubtedly duller) realm. To me, that is a crashing mistake - and it is, above all, a theological mistake. Because, in fact, it was God who invented dirt, onions and turnip greens; God who invented human beings, with their strange compulsion to cook their food; God, who, at the end of each day of creation, pronounced a resounding "Good!" over his own concoctions….

Food and cooking, therefore, are not low subjects. In fact there are no low subjects anywhere in the physical universe. Every real thing is a joy, if only you have eyes and ears to relish it, a nose and a tongue to taste it. But more than that, food and cooking are among the richest subjects in the world. Every day of our lives, they preoccupy, delight and refresh us. Food is not just some fuel we need to get us going toward higher things. Cooking is not a drudgery we put up with in order to get the fuel delivered. Rather, each is a heart's astonishment. Both stop us dead in our tracks with wonder. Even more, they sit us down evening after evening, and in the company that forms around our dinner tables, they actually create our humanity. - Robert Farrar Capon, *The Supper of the Lamb*