



## Bread for Daily Life: A Lenten Reflection

Last Sunday, as I read through the church bulletin, something caught my eye—the offertory was titled *Life on Mars*. At first, I thought it was just an interesting choice, but then I remembered the David Bowie song of the same name. That moment sparked my curiosity. I went back to listen to the song, and from there, I found myself exploring more of Bowie’s music. What I didn’t expect was how deeply it would connect with something else I had been reflecting on: Martin Heidegger’s ideas about existence and meaning.

As we embark on this Lenten season, we do so with the theme, Bread for Daily Life. This phrase captures a profound spiritual truth: just as our bodies need daily nourishment, so too do our souls. Lent invites us to reflect on what truly sustains us—not just physically but spiritually.

We can survive a day without food, but can we truly live without meaning? This season has led me to revisit existentialist philosophy, particularly Martin Heidegger’s ideas in *Being and Time* (*Sein und Zeit*, 1927). Heidegger introduces the concept of *Geworfenheit*, or “thrownness”—the idea that we are cast into existence without choosing it. None of us decided to be born, yet here we are, searching for purpose in a world that often feels uncertain.

But Heidegger goes further. He argues that we are not just passively thrown into the world—we are also being-in-the-world (*Dasein*). This means we are not mere

spectators of life; we are deeply engaged participants, constantly shaping and being shaped by our experiences, relationships, and choices. Without this engagement, we risk becoming disconnected from our own existence, much like the modern individual Heidegger warns about—a person lost in distraction, wandering in what he metaphorically describes as a kind of wilderness.

As I reflected on this, I found myself drawn deeper into Bowie's music. One song in particular stood out: *Space Oddity*. The character of Major Tom, an astronaut floating alone in the vastness of space, struck me. Though he gazes upon the beauty of Earth from above, he is ultimately disconnected, lost, unable to return. It's a haunting image of isolation—one that reflects the longing many of us feel in life.

Bowie's Major Tom is not unlike the existential themes explored by thinkers like Franz Kafka and Albert Camus, who questioned whether life has inherent meaning or whether we must create our own. In Scripture, we see a similar struggle: the ancient Israelites and prophets longed to fill the emptiness in their hearts with truth, justice, and peace. Their journey mirrors ours today, as we navigate a world of suffering, war, and division.

At times, we may feel as distant from God as Major Tom is from Earth. We may doubt whether we are truly connected to something greater or wonder if we are merely adrift. And yet, the essence of our faith calls us forward—following in the footsteps of Jesus, who sought truth and embodied the love that sets us free.

The paradox of faith is that while we may feel small and unworthy, we are also deeply known and loved. Lent is an opportunity to bridge this gap—to move from a sense of isolation to a deep intimacy with God. The search for meaning is not meant to end in despair, but in discovery: the realization that God is not far away, but here, sustaining us like daily bread.

May you seek, and may you find.

May you hunger, and may you be filled.

May you discover that God is not distant, but near—dwelling within you, nourishing you always.

Peace.

Pastor Jeong