

MFH Order of Eden Institute

Let us wash off all that can soil either body or spirit, to reach perfection of holiness in the fear of God.” 2 Cor 7:

“My dear friend, I hope you are in good health and may you thrive in all other ways as you do in the spirit.” 3 John 2

That they may have life, life in abundance.” Jn 10:10

Blessed are those who wash their robes so as to have the right to the tree of life and enter the city through its gates.” Revelations 22:14

The Order of Eden Institute is all about health and healing from a Biblical perspective. A healthy diet is kosher, that is a pure diet, free from toxins and impurities and methods of destruction of foods. It brings healing and rejuvenation. The success of health and healing retreats and the Secular Order Franciscans embrace of it has led to forming it into an Institute for its long-term development. It has a brother-sister relationship with the other three Institutes.

As stated, the Order of Eden is dedicated to following the Biblical and the Tradition of Catholic Saints, scholars and mystics on these human topics of fasting and diet and clothes and lifestyle. The Catholic Church promotes fasting and in the past it and monastics supported kosher (pure foods), since Jesus and Mary did too! This is because in these first communities they were known as the Way or called the Essenes who were the first Jewish Christians forming the first communities, the first 300 years of the church. Cardinal Ratzinger and the Pontifical Biblical Commission (2001) released a document: The Jewish People and Their Sacred Scriptures in the Christian Bible, it speaks several times of the Essenes. They connect the Essene community with the new covenant school of thought: “the Qumran group formed the community of the new covenant.”

This Commission makes the connection between the Jewish Essenes and the Christian message; and point out that the theology of Jesus is closer to this Jewish Essenes group. “His belief in angels and the resurrection of the body, as well as the eschatological expectation attributed to him in the Gospels, is much closer to the theology of the Essenes and the Pharisees.” Whereas Cardinal Joseph Ratzinger stopped short of stating that Jesus was an Essene, he did state later as Pope Benedict in his book, Jesus of Nazareth, “The earnest religiosity of the Qumran writings is moving; it appears that not only John the Baptist, but possibly Jesus and his family as well, were close to the Qumran community. At any rate, there are numerous points of contact with the Christian message in the Qumran writings. It is a reasonable hypothesis that John the Baptist lived for some time in this community and received part of his religious formation from it.” This early Jewish community, the Essenes, were dedicated to kosher

(pure or healthy food) and to fasting. They refused to sacrifice animals in the Temple, and many were vegetarians.

The Mystic Venerable Ann Catherine Emmerick stated in her visions: “The ancestors of St. Anne were Essenians. These extraordinarily pious people were descended from those priests who in the time of Moses and Aaron carried the Ark, and who received precise rules in the days of Isaias and Jeremias.” “Joachim and Anne lived with Eliud, Anne’s father (for seven years). There reigned throughout his household the severe usages and discipline of the Essenians.” For them discipline was a way of life. “I call heaven and earth to witness against you this day: You have before your life and death, blessing and curse. Choose life so that you and your offspring may prosper.” Deut. 30:19

Now the man called his wife’s name Eve, in scripture, because she was the mother of all the living (Gn 3.20). The Virgin’s name was Mary (Lk 1:28), mother of Jesus, mother of all Christians (cf. Acts 1:14). Mary was called the New Eve as Jesus the New Adam. The parallel of Adam to Jesus is presented nine times in the New Testament and led to the association of Eve to Mary. Adam, which means “earthly” came out of Eden, which means “virgin earth, just as Jesus came out of a virgin of the earth. Ave Maria, Eva - Mary.

The post-apostolic Fathers St. Justin (155) and St. Irenaeus, (circa 177) both write on the Eve-Mary parallel, which indicates that it is a traditional teaching of the church. Irenaeus also knew St. Polycarp who was a disciple of St. John. The schema of the parallelism of Irenaeus (in Haereses III, 22,4) is thus;

Eve	Mary
still a virgin	the virgin
the spouse of Adam	already betrothed
was disobedient	through her obedience
became both for herself	became both for herself
and all the human race	and all the human race
the cause of death	the cause of salvation
what the virgin Eve	the Virgin Mary
had bound	unbound
by her belief...	by her faith...

For, as St. Irenaeus says, she “being obedient, became the cause of salvation for herself and for the whole human race.” Hence not a few of the early Fathers gladly assert with him in their preaching: “the knot of Eve’s disobedience was united by Mary’s obedience: what the virgin Eve bound through her disbelief, Mary loosened by her faith.” Comparing Mary with Eve, they call her “Mother of the living.” (St. Epiphanius) and frequently claim: “death through Eve, life through Mary.” (St. Jerome, St. Augustine, St. Cyril of Jerusalem, St. John Chrysostom, St. John Damascene) This is stated in the Documents of Vatican II (LG 56); and in the Catechism of the Catholic Church (494).

A primary principle of kosher is found in Genesis: “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed, to you it shall be your food.” Genesis 1:29 As a Jewish mother Mary would have brought up Jesus according to the dietary laws of kosher. She would have been a kosher woman. Two thousand years ago the Holy Land was a land flowing with milk and honey. It was part of the Fertile Crescent that made it a literal Garden of Eden. Lush vegetation was in the fertile valleys in biblical times but since then numerous climatic occurrences and human activities have changed the environment into more of a desert today.

Mary the First Member of the Order of Eden

Mary belongs to an “Order of Eden” a model for us all. The “Order of Eden” (Our Lady of Eden, 1974, Marian Studies, Marian Library) is about the line of succession and lineage from Adam and Eve to Mary’s Jewish Essene parents and her uniqueness as the New Eve, and as the Daughter of Zion (Zephaniah 3.14-17) because she qualifies as a personification of the elect people, the “kosher woman.” It is the Virgin Mary who is the first member of the Order of Eden. The Order of Eden is found in those Jewish and Christian communities and individuals that followed the dietary lifestyle of the original Adam and Eve which was a plant-based or Living Foods diet and the new Adam and Eve, a less strict plant-based diet.

It is the Virgin Mary who is the first member of the Order of Eden because of her Immaculate Conception, which belongs to the Order of Eden. It is the Virgin Mary’s privilege, analogically, to belong to an Order of Eden! The lineage of Eve goes to Mary as Our Lady of Eden. The first prophecy (Gen 3:15) spoke of the woman (Mary) who with her Seed would repair the order of the fall in Eden. This has been used as a proof text for the Immaculate Conception. Thus St. Jerome (300 AD) quotes: “Death through Eve; life through Mary,” which is a theme picked up by St. Augustine and other Church Fathers. Jesus and Mary have become the new Adam and the new Eve. Perhaps members in the Church and in communities should follow in their footsteps or images of the first community.

In the book, *The Mystical City of God* by Venerable Mary of Agreda, who was mystic and visionary, she writes; “The food of which she partook, was most limited in kind and quantity; but she partook of some

every day and in company of her spouse; she never ate meat, although he did, and she prepared it for him. Her sustenance was fruit, fishes, and ordinarily bread and cooked vegetables.”

Zion becomes a symbol for the presence of God in ancient Israel. The Virgin Mary was the new Ark of the Covenant and she is the perfect representation of the Daughter of Zion, the example of a Jewish kosher woman “par excellence.” She is the kosher woman carrying out the practices of the Jewish people, her heritage to the fullest.

Mary was the new Eve and Jesus the new Adam, she would have prepared these healthy meals all her life and thus the apostle John, who took care of her after Jesus died, may have been inspired to write: “Beloved I hope you are in good health - may you thrive in all other ways as you do in the spirit.” 3 John

As a Marian Order, the Order of Eden is dedicated to this lifestyle of health and healing as has been explained above.

Citing: Pope Benedict XVI (Joseph Ratzinger) Jesus of Nazareth, from the Baptism in the Jordan to the Transfiguration, (Ignatius Press, San Francisco, 2007, Hardbound edition Doubleday Publishing), p. 13, 14.

Emmerick, Anna Catharine, Venerable, Life of Our Lord and Savior Jesus Christ, (Apostolate of Christian Action, Fresno, California, 1954), p.117 and p. 126.

“Our Lady of Eden 1974 Marian Studies, Marian Library, University of Dayton, Ohio.

Venerable Mary of Agreda, The Mystical City of God, (Tan Books, Charlotte, N.C., 1978), p. 216.