

Milk and honey

by [Sarah Rossiter](#) in the [December 6, 2017](#) issue

Every Thursday Feed Your Spirit meets
in Old South Church, street people,
struggling, wander in, this time to bake
communion bread, the men learning to mix
white whole wheat flour with milk and honey,
rolling out the soft dough to be cut in rounds,
each round marked with a cross before being
baked at 375 for thirteen minutes after which
we gather in a circle to pass the bread and
juice to one another, waiting, with cupped
hands, to behold who we are, and become
what we receive.