

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.