

sara miles take this bread

Sara Miles Take This Bread: A Journey Through Faith, Food, and Radical Hospitality

sara miles take this bread—these words evoke a powerful blend of spirituality, activism, and communal sharing. They refer not only to a poignant phrase from the Christian Eucharist but also to the groundbreaking work of Sara Miles, an author and priest whose life and ministry revolve around the transformative power of bread. In this article, we'll delve into who Sara Miles is, the significance behind "Take This Bread," and how her story intertwines faith, food justice, and radical hospitality in ways that inspire and challenge us all.

Who Is Sara Miles?

Sara Miles is an American Episcopal priest and author best known for her memoir **Take This Bread: A Radical Conversion**. Her journey from a secular background to a deep Christian faith was sparked by an encounter with the Eucharist—a seemingly simple act of receiving bread that turned into a profound spiritual awakening. But Sara's story goes beyond personal transformation. She has become a pivotal figure in connecting faith with social justice, particularly around issues of hunger, poverty, and community care.

From Atheism to Spiritual Awakening

Before her conversion, Sara Miles identified as an atheist. Her life changed when she was invited to receive communion at a church despite not being baptized. The experience of taking the bread led her to question her beliefs and eventually embrace Christianity. This conversion was not just theological; it was deeply embodied and practical. Sara realized that the bread she took was a symbol of God's radical generosity, calling her to live out that generosity in her daily life.

The Meaning Behind "Take This Bread"

The phrase "Take this bread" originates from the words Jesus spoke at the Last Supper, offering bread as a symbol of his body given for humanity. For Sara Miles, this phrase is more than ritual; it is an invitation to participate in God's kingdom by breaking down barriers and sharing resources.

The Bread as a Symbol of Connection

Bread is a universal symbol of sustenance, community, and life. In Sara's work, bread represents the tangible connection between people—especially those marginalized—and

the divine. The act of breaking bread becomes a radical gesture of inclusion, inviting everyone to the table regardless of background or status.

Radical Hospitality in Action

Sara Miles embodies radical hospitality by welcoming everyone to communion without prerequisites like baptism or church membership. This openness challenges traditional church boundaries and reflects a faith centered on grace and inclusion. Her approach transforms the Eucharist from mere ritual into a powerful act of social justice.

Sara Miles and Food Justice

One of the most compelling aspects of Sara Miles's ministry is her integration of faith with food justice. She sees the Eucharist as a call to address hunger and inequality in the real world.

Breaking Bread, Breaking Barriers

Sara founded the St. Gregory of Nyssa Episcopal Church in San Francisco, where she implemented a food pantry and soup kitchen alongside worship services. This holistic approach addresses spiritual and physical hunger simultaneously, demonstrating that faith communities can be agents of tangible change.

Lessons in Generosity and Sharing

Her work highlights how acts of sharing food become acts of resistance against systemic poverty. By inviting people to "take this bread" literally and figuratively, Sara challenges us to reconsider how we relate to resources and each other. The simple act of sharing a meal becomes a profound statement about community and care.

Take This Bread: The Book That Changed Perspectives

Sara Miles's memoir, **Take This Bread: A Radical Conversion**, is a compelling narrative that invites readers into her transformative journey. The book has resonated with many because it addresses doubt, faith, and the practical implications of belief in a raw and honest way.

Why This Memoir Matters

The memoir is not just a personal story but a call to action. It explores themes of inclusion, grace, and the intersection of faith with social realities. Readers from diverse backgrounds find inspiration in Sara's willingness to embrace uncertainty and her commitment to living out faith through service.

Impact on Contemporary Christian Thought

Take This Bread challenges conventional Christian practices by advocating for an inclusive Eucharist and a faith deeply engaged with the world's suffering. Sara's example encourages churches to rethink how they welcome people and address social issues, making her work significant in the ongoing conversation about religion and justice.

How Sara Miles *Take This Bread* Inspires Community Action

Sara Miles's approach offers practical insights for anyone interested in combining faith, activism, and community building.

Creating Welcoming Spaces

One of the key takeaways from Sara's ministry is the importance of radical hospitality. Creating spaces where everyone feels welcome—without judgment or exclusion—is foundational to building strong, compassionate communities.

Addressing Hunger Holistically

Sara's integration of food pantries and communion services shows that addressing hunger requires more than charity; it demands solidarity and systemic change. By treating food as a sacred resource, communities can foster dignity and mutual care.

Encouraging Personal Transformation

The story of Sara Miles reminds us that transformation often begins with small, simple acts—like taking bread—and grows into a life committed to justice and love. Her journey encourages others to explore how their own beliefs can inspire action.

Practical Tips Inspired by Sara Miles Take This Bread

If you're inspired by Sara Miles's story and want to incorporate some of her principles into your life or community, here are some ideas:

- **Host Inclusive Meals:** Organize community meals where everyone is welcome, breaking down social barriers through shared food.
- **Support Local Food Banks:** Volunteer or donate to organizations fighting food insecurity in your area.
- **Practice Radical Hospitality:** In your faith community or social circles, make a conscious effort to welcome and include those who might feel excluded.
- **Engage in Reflective Reading:** Read **Take This Bread** to deepen your understanding of faith's role in social justice.
- **Advocate for Food Justice:** Get involved in local or national movements that address systemic hunger and poverty.

These small steps can help translate the spirit of "sara miles take this bread" into meaningful action.

Sara Miles's journey from doubt to faith, and from faith to action, is a powerful reminder of how simple acts—like taking bread—can ripple outward to transform communities and challenge societal norms. Her work invites us all to rethink how we share our resources, welcome others, and live out our deepest values in everyday life. Whether through the sacred ritual of communion or the practical work of feeding the hungry, the message behind "Take This Bread" continues to inspire a more just and compassionate world.

Frequently Asked Questions

Who is Sara Miles, the author of 'Take This Bread'?

Sara Miles is an Episcopal priest and author known for her work on faith, social justice, and community. In *'Take This Bread,'* she shares her journey of discovering the radical hospitality of the church through the practice of sharing communion with the homeless and marginalized.

What is the main theme of 'Take This Bread' by Sara

Miles?

The main theme of 'Take This Bread' is radical hospitality and the transformative power of sharing communion beyond traditional boundaries, emphasizing inclusion, community, and social justice.

How does 'Take This Bread' challenge traditional views of communion?

In 'Take This Bread,' Sara Miles challenges traditional views by inviting everyone, including the homeless and marginalized, to receive communion, highlighting the Eucharist as an act of radical inclusion and grace rather than a ritual reserved for the 'worthy.'

What impact did 'Take This Bread' have on faith communities?

'Take This Bread' inspired many faith communities to rethink their approach to communion and social outreach, encouraging more inclusive practices and a deeper commitment to serving marginalized populations.

Can you summarize Sara Miles' personal transformation in 'Take This Bread'?

Sara Miles recounts her personal transformation from a skeptic to a committed Christian who embraces the radical inclusivity of the Eucharist, leading her to start a food pantry and community outreach programs that embody the message of the gospel.

Additional Resources

Sara Miles *Take This Bread: A Deep Dive into Faith, Activism, and Spiritual Nourishment*

sara miles take this bread is a phrase that resonates within the realms of modern Christian thought and social activism. Originating from the title of Sara Miles's acclaimed memoir, **Take This Bread**, this phrase encapsulates more than just a religious symbol; it is a narrative of transformation, inclusion, and radical hospitality. Sara Miles, a former atheist who became an Episcopal priest, uses her journey and theological reflections to challenge traditional notions of faith and community, making her work an essential subject of analysis for those interested in contemporary spirituality and social justice.

Understanding Sara Miles and the Significance of "Take This Bread"

Sara Miles emerged as a prominent figure in religious circles through her memoir **Take This Bread**, published in 2008. The book chronicles her unexpected conversion to Christianity, sparked by a profound encounter with the Eucharist—the Christian rite

involving bread and wine symbolizing the body and blood of Christ. Unlike conventional faith narratives, Miles embraces an inclusive and activist approach to Christianity, focusing on how the symbolic act of sharing bread can serve as a foundation for social change.

The phrase "take this bread" itself is a direct reference to the words spoken by Jesus during the Last Supper, inviting believers to partake in communion. However, Miles reinterprets this invitation as a call to embody the teachings of inclusion, compassion, and service. Her work goes beyond theology, linking spiritual nourishment to tangible acts of justice, such as food distribution and outreach to marginalized communities.

From Atheism to Activism: Sara Miles's Transformational Journey

Sara Miles's personal transformation is central to understanding the broader implications of **Take This Bread**. Before her conversion, she identified as an atheist and worked as a journalist. Her initial skepticism about religion was challenged when she attended a communion service and felt compelled to participate despite her lack of formal religious affiliation. This moment marked the beginning of her exploration into the social and spiritual significance of the Eucharist.

Miles's journey is not just a story of faith regained but one of faith reimagined. She critiques the exclusivity often found in religious institutions and advocates for a church that actively engages with social issues such as homelessness, hunger, and inequality. Her activism includes founding the St. Gregory of Nyssa Episcopal Church's food pantry in San Francisco, which provides free groceries to those in need, embodying her belief that sharing bread is both a spiritual and political act.

Theological Themes and Social Impact in **Take This Bread**

Miles's memoir and subsequent work weave together several theological themes that challenge traditional Christian doctrines while emphasizing social responsibility. Key among these themes are radical hospitality, the sacrament as a communal act, and the intersection of faith and politics.

Radical Hospitality: Bread as a Symbol of Inclusion

One of the most compelling aspects of Sara Miles's interpretation of "take this bread" is the concept of radical hospitality. In her view, the Eucharist symbolizes a breaking down of barriers between "insiders" and "outsiders." By inviting everyone to partake—regardless of their background, beliefs, or social status—Miles argues that the church can become a space of genuine inclusion.

This approach has practical consequences. The food pantry she helped establish serves

people without judgment or requirements, reflecting the unconditional nature of the Eucharistic invitation. This model challenges many religious institutions that impose restrictions or conditions on receiving aid, positioning Miles's work as a blueprint for faith-based social services.

Communion as a Communal Act

Miles emphasizes that communion is not merely a private or individual spiritual experience but a communal one with societal implications. The act of sharing bread and wine, she suggests, should inspire believers to share resources and care for one another in everyday life. This interpretation aligns closely with liberation theology, which connects religious practice with social justice.

Her focus on communion as a call to action distinguishes **Take This Bread** from more introspective or doctrinal spiritual memoirs. It situates faith within the public sphere, encouraging readers to consider how religious rituals can motivate social change.

Faith and Politics: Navigating Controversy

Sara Miles's work inevitably intersects with political debates, especially regarding poverty, immigration, and healthcare. Her activism sometimes places her at odds with more conservative religious groups, who may view her inclusive approach as too radical or politically charged.

Nevertheless, Miles maintains that faith cannot be separated from politics when it comes to issues of justice and human dignity. Her advocacy for policies that support marginalized populations reflects a broader trend within progressive Christianity that seeks to reconcile spiritual beliefs with social activism.

Comparative Perspectives: Sara Miles Among Contemporary Religious Voices

When placed alongside other modern Christian authors and activists, Sara Miles stands out for her unique blend of personal narrative, theological reflection, and grassroots activism. Compared to figures like Nadia Bolz-Weber or Richard Rohr, Miles's emphasis on the Eucharist as a catalyst for social outreach provides a distinctive focal point.

While Bolz-Weber is known for her focus on grace and marginalized identities and Rohr for his contemplative spirituality, Miles's contribution lies in connecting sacramental theology directly with practical efforts to combat hunger and poverty. This positions her work at the intersection of liturgical renewal and social ministry.

Pros and Cons of Miles's Approach

- **Pros:** Miles's work promotes inclusivity and challenges religious exclusivism, fostering a church environment that welcomes diverse populations. Her emphasis on action encourages believers to translate faith into tangible community support.
- **Cons:** Some critics argue that her approach politicizes religious rituals, potentially alienating more traditional believers. Additionally, the practical sustainability of food pantry models within churches may pose challenges without broader systemic support.

SEO Considerations: Why "Sara Miles Take This Bread" is a Relevant Search Term

The phrase "sara miles take this bread" is increasingly searched by those interested in contemporary Christian thought, memoirs of faith, and social justice initiatives within religious contexts. Incorporating this keyword naturally appeals to readers seeking insights into the intersection of spirituality and activism.

Further LSI keywords that enhance SEO value include:

- Sara Miles Eucharist interpretation
- Take This Bread book review
- Radical hospitality in Christianity
- Faith-based social justice
- Sara Miles food pantry ministry
- Progressive Christian activism

By weaving these terms organically throughout the content, the article meets SEO best practices without compromising readability or depth.

The Role of *Take This Bread* in Modern Christian Discussions

As progressive Christian communities continue to grow, works like Sara Miles's *Take This

Bread* become touchstones for dialogue about how faith can respond to contemporary social challenges. The book's narrative and theological insights provoke questions about inclusion, the meaning of sacraments, and the church's public role.

Moreover, the tangible example of the church-run food pantry illustrates how spiritual beliefs can translate into effective community programs, serving as a model for other faith-based organizations.

Through her writing and ministry, Miles invites a reconsideration of traditional religious boundaries, urging followers to embrace a faith that is at once deeply spiritual and actively engaged in the world's pressing issues.

Sara Miles's **Take This Bread** remains a vital contribution to both religious literature and social activism. By highlighting the connection between the sacred act of communion and the practical need to feed the hungry, Miles reshapes the conversation about what it means to live a faith-filled life in the 21st century. Her work challenges individuals and institutions alike to reconsider how the simple act of sharing bread can lead to profound transformation.

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sara miles take this bread: Take This Bread Sara Miles, 2008-11-19 "Mine is a personal story of an unexpected and terribly inconvenient Christian conversion, told by a very unlikely convert." -Sara Miles Raised as an atheist, Sara Miles lived an enthusiastically secular life as a restaurant cook and a writer. Then early one winter morning, for no earthly reason, she wandered into a church. "I was certainly not interested in becoming a Christian," she writes, "or, as I thought of it rather less politely, a religious nut." But she ate a piece of bread, took a sip of wine, and found herself radically transformed. The mysterious sacrament of communion has sustained Miles ever since, in a faith she'd scorned, in work she'd never imagined. In this astonishing story, she tells how the seeds of her conversion were sown, and what her life has been like since she took that bread. A lesbian left-wing journalist who covered revolutions around the world, Miles was not the woman her friends expected to see suddenly praising Jesus. She was certainly not the kind of person the government had in mind to run a "faith-based charity." Religion for her was not about angels or good behavior or piety; it was about real hunger, real food, and real bodies. Before long, she turned the bread she ate at communion into tons of groceries, piled on the church's altar to be given away. The first food pantry she established provided hundreds of poor, elderly, sick, deranged, and marginalized people with lifesaving food and a sense of belonging. Within a few years, the loaves had multiplied, and she and the people she served had started nearly a dozen more pantries. *Take This Bread* is rich with real-life Dickensian characters—church ladies, child abusers, millionaires, schizophrenics, bishops, and thieves—all blown into Miles's life by the relentless force of her

newfound calling. She recounts stories about trudging through the rain in housing projects, wiping the runny nose of a psychotic man, storing a battered woman's .375 Magnum in a cookie tin. She writes about the economy of hunger and the ugly politics of food; the meaning of prayer and the physicality of faith. Here, in this achingly beautiful, passionate book, is the living communion of Christ. "The most amazing book." – Anne Lamott

sara miles take this bread: Congregational Connections Carroll Anne Sheppard, Nancy Burton Dilliplane, 2011-09-15 Congregational Connections challenges both clergy and lay leaders to become deeply sensitized to the demographic reality of six separate generational cohorts being alive at once. This is the first time in the world's history that such a thing has happened to humans, and none of us has the reality clear in our minds yet. It takes work to analyze consciously what we are seeing when multiple generations are present. We discover that we are quite happy when we see the expected three Elders, Parents raising kids, and the children themselves-- and we often fail to ask: Who isn't here? Demographers and marketers have created names for these six cohorts (a cohort is a group of people born within a 20 or 25 year span who have some distinctive characteristics). In America today we have Builders (approximately ages 110-87); Silents (86-68); Boomers (67- 51/48); GenXers (51/48 27); Millennials (27- 11) and GenZ (10 and under). The first three Builders, Silents and Boomers are referred to in Congregational Connections as Olders; and the second three (GenX, Millennials and GenZ) are referred to as Youngers. A great shift in worldview and preferred technologies separates Olders and Youngers. Today five of these cohorts (the youngest Builders, Silents, Boomers, GenX and the oldest Millennials) are playing adult roles in a world that recently seemed to be populated by Elders and Parents raising Children. It is making everyone grumpy. There does not seem to be psychological room for all these players. The March 2011 cover of Philadelphia Magazine pictured a generic texting device with the following text: Dear Baby Boomers, Just die already. (We'll take Philly from here. Thanks) XOXO, Generation X In congregation after congregation, Olders are wondering why the Youngers don't seem to be attending worship regularly. Yet when they do come, the Olders wish they would make their children stop texting and the parents would stop checking their cell phones. Youngers are wondering why Olders want to have all these time-wasting repetitive meetings and won't use e-technologies to avoid them. And why aren't they being respected? Congregational Connections offers a discussion of who these cohorts are, and why they act the way they do. Its nine chapters cover: How We Got Here; Six Different Cohort Experiences; The Generational Divide; Realities for Congregational Life; Worship; Christian Formation; Programs and Space; Community is Congregation, and The Way Forward: Hope. The book's aim is not only to have readers become aware of the six cohorts and their different attitudes and needs, but also to offer insights through Congregational Moments (case studies) that let readers see how these realities play out in church life, and suggest questions for discussion. Why is it happening now? In her book, The Great Emergence, Phyllis Klee offers us a thesis that we are in the middle of the next Reformation. These happen every five hundred years, and take about 150 years to roll their paradigm shift of technology and worldview through society. The last Reformation was fueled by printing technology that promoted widespread literacy and a worldview shift that supported increasing political democracy and social leveling. The one that we are living through now is about electronic technology (radio, phone, television, computers, internet, and who knows?) and an even flatter social environment. Those changes by themselves seem sufficient to make the Second Reformation happen. Yet added to their pressures is the arrival of six generational cohorts on the world's playing field. Each cohort has its own identity, but Olders and Youngers break into two different sides of the game. What's more, by the time the Second Reformation finishes rolling through, medical advances may add several decades to the average lifespan. Perhaps eight, nine or even more generational cohorts will be alive together at its end. Right now, congr

sara miles take this bread: Food Theology Kellie Lisi, Martin J. Lohrmann, 2025-09-09 From biblical times to today, Christ's gospel has gone through real stomachs to nourish people with fullness, fellowship, abundance, and joy. By weaving together scriptural reflection, compelling stories, best practices, and satisfying recipes, Food Theology introduces a gospel-centered food

theology and provides a user-friendly how to guide for those who want to explore and deepen the role of food in their mission and ministry. Food Theology invites eaters to a consideration of food itself as a primary communicator of God's love, grace, and sustenance for all creation. While many people know that food is a gift from God, the rich insights of food theology have not been widely shared with congregational audiences and church practitioners in a single, digestible resource. Lisi and Lohrmann draw upon theological grounding and ministry experience to introduce readers to the blessings of intentionally connecting food and faith. Each chapter of this book provides readers with clear, practical, and adaptable suggestions for how to expand existing food ministries or start new ones. Through easy-to-follow recipes and guides, readers will be able to sense for themselves the exciting possibilities that come with increased attention to local food ministries and eating in community. Food Theology shifts our attention to the transformative power of food, giving readers the knowledge and resources to practice sharing God's goodness.

sara miles take this bread: You Should Really Write a Book Regina Brooks, Brenda Lane Richardson, 2024-06-04 This is a terrific guide that clearly explains how to take your own story and turn it into a book that readers can't put down. —Julie Silver, MD, Chief Editor of Books at Harvard Health Publications If you've ever been told that You should really write a book and you've decided to give it a try, this book is for you. It hones in on the three key measures necessary for aspiring authors to conceptualize, sell, and market their memoirs. Written especially for those who don't happen to be celebrities, *You Should Really Write a Book* reveals why and how so many relatively unknown memoirists are making a name for themselves. With references to more than four hundred books and six memoir categories, this is essential reading for anyone wanting to write a commercially viable memoir in today's vastly changing publishing industry. The days are long gone when editors and agents were willing to take on a manuscript simply because it was based on a good idea or even because it was well written. With eyes focused on the bottom line, they now look for skilled and creative authors with an established audience, too. Brooks and Richardson use the latest social networking, marketing, and promotional trends and explain how to conceptualize and strategize campaigns that cause buzz, dramatically fueling word-of-mouth and attracting attention in the publishing world and beyond. Full of current examples and in-depth analysis, this guide explains what sells and why, teaches writers to think like publishers, and offers guidance on dealing with complicated emotions—essential tools for maximizing memoir success.

sara miles take this bread: Who Are We To Judge Fraser Dyer, 2015-07-16 Jesus says 'Do not judge' yet our human instinct often leads us to harsh judgements of others. In a world where snap judgements are made in seconds on social media, how can Christians resist the urge to join in? Christians may be especially adept at dressing up their judgement of others as righteousness and being a witness for Christ without recognising the psychological and spiritual pitfalls. It remains easier to point the finger at clearer and more observable sins than to recognise the way judgementalism corrupts us. In this insightful and wise book, Fraser Dyer helps us to understand what compels Christians to be judgemental towards others. He explores the condemnation of judgementalism throughout scripture, and particularly in the ministry and teaching of Christ. He also includes a set of practical approaches, rooted in Christian spirituality, to enable us to journey from the self-righteousness of judgementalism towards love of God and neighbour.

sara miles take this bread: Cultivating Sent Communities Dwight Zscheile, Dwight J. Zscheile, 2012-03-15 *Cultivating sent communities* reimagines spiritual formation through the lens of mission, covering such topics as the role of Scripture, congregational discernment, and short-term missions and drawing on case studies from diverse contexts including Ethiopia, England, Leipzig, and San Francisco.--Back cover.

sara miles take this bread: Faith, Hope, Love, and Justice Anselm K. Min, 2018-03-28 Faith, hope, and love, traditionally called theological virtues, are central to Christianity. This book renews faith, hope, and love in the context of the many contemporary challenges in many unique ways. It is an ecumenical collection of papers, equally divided between Catholic and Protestant positions, that seek to radically renew the classical doctrine of faith, hope, and love, and argues for their essential

connection to the praxis of justice. It contains eight different approaches, each represented by a distinguished theologian and addressing different aspects of the issues and followed by insightful and critical responses. It does not merely seek to renew the theological virtues but to also reconstruct them in the demanding context of justice and the contemporary world, nor is it simply a treatise on justice but a theoretical and practical reflection on justice as vital expressions of faith in God, hope in God, and love of God. A non-dogmatic and non-ideological approach, it accommodates both conservative and liberal positions, and avoids the separation of the theological virtues from the demands of the contemporary world as well as the separation of justice talk from the theological context of faith, hope, and love. It seeks above all to renew, not merely repeat, the classical doctrine of faith, hope, and love in the contemporary context of the urgency of justice, and to do so ecumenically, comprehensively, and from a variety of perspectives and aspects.

sara miles take this bread: Re-Forming the Liturgy Paul Galbreath, 2019-04-18 Christian worship is always undergoing change as it adapts to particular contexts and concerns. This collection of essays explores ways: 1) that liturgical change happened to address particular historical and theological concerns; 2) that worship and preaching are currently undergoing transition; and 3) that aspects of worship are in need of transformation in order to address primary issues of our time with a focus on environmental and ecological concerns. Special attention is paid to the role of the Sacraments and to preaching with an emphasis on the need to connect worship with daily life. These essays show readers ways that liturgical renewal worked in the past as well as offer a persuasive case for continual renewal that responds to key issues in our contemporary lives.

sara miles take this bread: The Worshiping Body Kimberly Bracken Long, 2009-10-02 Kimberly Bracken Long, by focusing on what presiders do with their bodies, eyes, ears, lips, hands, feet, and heart, describes an attitude and style of worship leadership that is both firmly rooted and blessedly free. A wonderful offering for all worship presiders, seminarians, commissioned lay pastors, new pastors, and experienced pastors, *The Worshiping Body* is essential reading for anyone interested in how their presence and movement during worship make a difference.

sara miles take this bread: Spirituality: New Reflections on Theory, Praxis and Pedagogy, 2020-04-28 The contemporary study of spirituality encompasses a wide range of interests, often founded on inter- and multidisciplinary approaches.

sara miles take this bread: A Homemade Year Jerusalem Jackson Greer, 2013-03-01 Let *A Homemade Year* inspire you to discover new and creative ways to experience the rhythm of God's story in your home, with your family and friends, through fun, colorful crafts, party ideas, and recipes. Divided into seasons, *A Homemade Year* is filled with celebrations that you already observe and some you may never have heard of. May this book be a jumping-off point for creating joy and lasting memories through the church year. Praise for *A Homemade Year* "This energetic book is as useful as it is comforting. Christian formation begins in the home and *A Homemade Year* gives us ways and means of accomplishing that with joy, holiness, and a healthy portion of just plain, old-fashioned fun." —Phyllis Tickle, author of *The Divine Hours* I began reading *A Homemade Year* one afternoon when I had no fewer than a thousand things going on in my house. Almost immediately, I was drawn into Jerusalem Greer's beautiful writing and became fascinated with her journey through an entire year of liturgical celebrations---some of which (Advent, Epiphany) I celebrate in my own home, but some of which I never knew about before. Two hours later, I was still reading, happily resigned to letting my plans for the day slide. Jerusalem so clearly conveys the significance and beauty of liturgical tradition, and her celebration-specific recipes and crafts are sweet and meaningful, while at the same time completely do-able for everyone. This book is an absolute treasure. I want to share it with everyone I know! —Ree Drummond, #1 New York Times Bestselling author of *The Pioneer Woman Cooks* "Like many moms, I'm longing to create a sense of rhythm and tradition in our lives and our home, and this sweet book gives many imaginative, practical places to start." —Shauna Niequist, author of *Bittersweet* and *Cold Tangerines* "With waffle crumbs and bacon drippings and brown sugar crystals, Jerusalem Jackson Greer leaves a Hansel and Gretel-like path to follow as we travel through the seasons of the liturgical year. A

Homemade Year gives families a wonderful sensory way to share and experience the Christian story at home. I was charmed and moved by this book.” —Sybil MacBeth, author of *Praying in Color* and *Praying in Color for Kids* “In a world that struggles to slow down and stay focused on what’s really important, *A Homemade Year* gives you new vision to do just that. I can’t wait to get started myself!” —Courtney Walsh, New York Times bestselling author of *A Sweethaven Summer* and *Scrapbooking Your Faith*

sara miles take this bread: Happiness, Health, and Beauty Debra Dean Murphy, 2015-03-24 What are human beings created for? How can we experience the well-being made possible in Christ? What does it mean to love God and our neighbor wholly? These questions go to the heart of what it means to live the Christian life. *Happiness, Health, and Beauty* explores these questions by putting Wesleyan doctrine in conversation with voices from the wider Christian tradition: theologians, philosophers, social critics, scientists, and poets. The guiding themes for this inquiry into the nature of the Christian life are happiness—how we flourish together in the goodness of God; health—the intrinsic connection between bread and bodies in the Eucharist; and beauty—the disposition to benevolence that is the hallmark of our being fully human.

sara miles take this bread: You'll Be Changed Into Me Stuart Squires, 2024-02-10 In recent decades, Catholic books on the Eucharist have often focused narrowly on the question of the nature or essence of the Eucharist. Although the question of the nature of the Eucharist is undoubtedly important, it unfortunately has overshadowed a question that is just as important, if not more important: what does the Eucharist do? If Jesus’ body, blood, soul, and divinity are truly present in the Eucharist as Catholics believe, then we should not be surprised to learn that when Catholics receive the Eucharist they receive multiple effects, or fruits. *You Will Be Changed Into Me* introduces six of the most important fruits of the Eucharist. It will explore how the Jesus Event is brought to the present through Eucharistic memory; it will investigate how the Eucharist is the application of Christ’s sacrificial offering on the cross; it will demonstrate how the Eucharist radically conforms the communicant to the heart of Christ; it will review the unity in the human family that is created by the Eucharist through union with Christ; it will show how a Eucharistic life leads to a life of service; it will explain the significance of the Eucharist for the journey beyond this life.

sara miles take this bread: Signs of Life Rick Fabian, 2019-10-17 A glimpse into the ideals and insights that have shaped one of the Episcopal Church's most widely known parishes, St. Gregory of Nyssa in San Francisco. Rick Fabian, well known as one of the founding priests of St. Gregory of Nyssa in San Francisco, writes his “treatise in eleven parts” on the significant signs of communal life: the welcoming table, authority (human and biblical), baptism, mystery, marriage, children, the spirit, reconciliation, the worship year, beauty, and hospitality. This “revisionist approach to sacramental theology” offers a glimpse into the depth of thought behind the praxis that has shaped one of the Episcopal Church’s most widely known parishes.

sara miles take this bread: Losing Your Faith, Finding Your Soul David Robert Anderson, 2013-09-17 *Losing Your Faith, Finding Your Soul* is for those of us who have come to the end of traditional beliefs and wonder if we have reached the end of faith as well. It is for the day when assumptions about God and the religious teachings we trusted in the past no longer apply to life. When your old beliefs die, is it possible to hold onto faith? David Robert Anderson answers this question with a resounding yes. With Anderson as friend and guide, we discover that what once seemed an ending is actually a promising beginning—an invitation into a more authentic, and very different, spiritual experience.

sara miles take this bread: Table Talk Mike Graves, 2017-10-24 For nearly two thousand years followers of Jesus have gathered in churches to eat a meal called Communion in his memory. In *Table Talk*, Mike Graves claims if we could travel back to those earliest Christian gatherings, we would realize we are not just two thousand years removed; we are light-years removed from how they ate when gathered because eating was why they gathered in the first place, a kind of first-century dinner party. Four characteristics of their Communion practices would leap out at us,

traits that are scattered throughout the New Testament, but that often go unnoticed: how the meal was part of a full evening together, promoting intimacy; how it was a mostly inclusive affair, everyone welcome at the table; how it was typically festive, more like a dinner party; and how afterwards they enjoyed a lively conversation on a host of topics. But Table Talk explores more than just Communion practices, because a new way of doing church is happening around the world, gatherings more horizontal than vertical. For two thousand years Christians have oriented themselves toward God in the presence of others; now a growing number of congregations, part of the dinner church movement, are orienting themselves toward each other in the presence of God. This book tells their story and helps us rethink our own.

sara miles take this bread: *The Living Diet* Martha Tatarnic, 2019-04-17 The Living Diet invites us to consider our relationship to food from a Christian perspective. Food: can't live with it or without it. We are bombarded with messages that the secret to health and weight loss can be unlocked with the right product or magic discipline, but we are getting neither thinner nor happier. Reports suggest that we are losing our battle with obesity, while the anxiety people experience in relationship with food increases. We are taught that bodies are fundamentally a problem to be solved, or worse, a war to be won, while a misguided worldview suggests that our food choices are of concern to us alone; an individual act of pleasure or consequences. Few resources speak to our food problem from a distinctly Christian perspective. Drawing on a rich assemblage of personal and collected stories grounded in the teachings of Jesus, The Living Diet offers a joyful alternative to the desperation and dissatisfaction that have become cultural norms for both eating and body image, inviting us to consider our choices in the context of community. Ancient wisdom yields a surprisingly modern response to the dieting dilemma, as well as to the realm of public, or popular, theology, helping the reader discover the real joy of eating and the true gift of embodied living.

sara miles take this bread: *Chrismation* Nicholas E. Denysenko, 2014 What is chrismation? Nicholas Denysenko breaks open chrismation as sacrament of belonging by exploring its history and liturgical theology. This study offers a sacramental theology of chrismation by examining its relationship with baptism and the Eucharist and its function as the ritual for receiving converts into the Orthodox Church. Drawing from a rich array of liturgical and theological sources, Denysenko explains how chrismation initiates the participant into the life of the triune God, beginning a process of theosis, becoming like God. The book includes a chapter comparing and contrasting chrismation and confirmation, along with pastoral suggestions for renewing the potential of this sacrament to transform the lives of participants.

sara miles take this bread: *Confronting Hunger in the USA* Adam M. Pine, 2016-07-01 Food insecurity in the US is a critical issue that is experienced by approximately 15% of the population each year. Hunger is not caused by an inability to produce enough food for the population, but is instead a manifestation of federal agricultural policies that support the overproduction of commodity crops and neoliberal social policies that seek to lower the amount of benefits dispersed to those in need. This book focuses on how four different food-based community programs address both the physical sensation of hunger as well as the political and economic disempowerment that work against the ability of people experiencing food insecurity to mobilize as a political force. Confronting Hunger in the USA argues that most food programs do more to create community among their volunteers than among program participants and tend to reinforce neoliberal understandings of citizenship. Community food programs reach out to the most vulnerable members of society in caring and gentle ways and often use the language of alternative economies to articulate a different relationship between the individual and the state. However, the projects in this study act as individual pieces of the state's insufficient social safety net and are only beginning to articulate a new relationship between food and society.

sara miles take this bread: *Searching for Sunday* Rachel Held Evans, 2015-04-14 Find hope and grace when you are feeling cynical about the church and faith. Are you struggling to connect with your church community? Do you find yourself questioning the core beliefs that you once held dear? Searching for Sunday, from New York Times bestselling author Rachel Held Evans is a

heartfelt ode to the past and a hopeful gaze into the future of what it means to be a part of the modern church. Like millions of her millennial peers, Rachel Held Evans didn't want to go to church anymore. The hypocrisy, the politics, the gargantuan building budgets, the scandals--to her, it was beginning to feel like church culture was too far removed from Jesus. Yet, despite her cynicism and misgivings, something kept drawing Evans back to church. Evans found herself wanting to better understand the church and find her place within it, so she set out on a new adventure. Within the pages of *Searching for Sunday*, Evans catalogs her journey as she loves, leaves, and finds the church once again. Evans tells the story of her faith through the lens of seven sacraments of the Catholic church--baptism, confession, holy orders, communion, confirmation, the anointing of the sick, and marriage--to teach us the essential truths about what she's learned along the way, including: Faith isn't just meant to be believed, it's meant to be lived and shared in community Christianity isn't a kingdom for the worthy--it's a kingdom for the hungry, the broken, and the imperfect The countless and beautiful ways that God shows up in the ordinary parts of our daily lives *Searching for Sunday* will help you unpack the messiness of community, teaching us that by overcoming our cynicism, we can all find hope, grace, love, and, somewhere in between, church.

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