



LEARN FROM ME

the grain pounded
to powder
mixed with water
rolled and baked
to become
ordinary bread

the grapes harvested
trodden
strained
and kept to become
in time
ordinary wine

the Tree of Agony
the Empty Tomb
breakfast on the shore
"If you love me,
Simon Peter,
feed my lambs."

intimacy with God
no ordinary food

Ralph Wright, O.S.B.