

to little ones, that those who labor and are burdened should come to Him and He should refresh them, because He is meek and humble of heart; and the meek He directs in judgement, and the gentle He teaches His ways, beholding our lowness and our trouble and forgiving all our sins. But those who wear the high boots of their sublimer doctrine do not hear His humble of heart if they know given thanks: foolish heart they become fools.

Augustine Received...
...Embraced by Jesus
in Holy Communion

Again I read in these books that they had *changed the glory of Thy incorruption* into idols and divers images, into the likeness of the image of a corruptible man and of birds, and of four-footed beasts, and of creeping things—in fact into that Egyptian food for which Esau had lost his birthright, since the people which was Your firstborn worshipped the head of a four-footed beast instead of You, turning in their heart back towards Egypt and bowing down their soul, Your image, before the image of a calf that eats hay. I found these things there and I did not feed upon them. For it pleased You, O Lord, to take away the reproach of inferiority from Jacob, so that the elder brother served the younger: and You have called the Gentiles into Your inheritance. From the Gentiles indeed I had come to You; and I fixed my mind upon the gold which You willed that Your people should bring with them from Egypt: for it was Yours, wherever it was. And You had said to the Athenians by Your apostle that in You we live and move and are; as certain of their own writers had said; and obviously it was from Athens that these books came. But I did not fix my mind upon the idols of the Egyptians which they served with the gold that was Yours, *changing the truth of God into a lie and worshipping and serving a creature rather than the Creator.*

Holy Eucharist -
Food
For soul!

Feeding God
in His Soul!
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Being admonished by all this to return to myself, I entered into my own depths, with You as guide; and I was able to do it because You were my helper. I entered, and with the eye of my soul, such as it was, I saw Your unchangeable Light shining over that same eye of my soul, over my mind. It was not the light of everyday that the eye of flesh can see, nor some greater light of the same order, such as might be if the brightness of our daily light should be seen shining with a more intense brightness and filling all things with its greatness. Your Light was not that, but other, altogether other, than all such lights. Nor was it above my mind as oil above the water it floats on, nor as the sky is above the earth; it was above because it made me, and I was below because made by it. He who knows the truth knows that Light, and he that knows the Light knows eternity. Charity knows it. O eternal truth and true love and beloved eternity! Thou art my God, I sigh to Thee by day and by night. When first I knew Thee, Thou didst lift me up so that I might see that there was something to see, but that I was not yet the man to see it. And Thou didst beat back the weakness of my gaze, blazing upon me too strongly, and I was shaken with love and with dread. And I knew that I was far from Thee in the region of unlikeness, as if I heard Thy voice from on high: "I am the food of grown men: grow and you shall eat Me. And you shall not change Me into yourself as bodily food, but into Me you shall be changed." And I learned that *Thou hast corrected man for iniquity and Thou didst make my soul shrivel up like a moth.* And I said "Is truth then nothing at all, since it is not extended either through finite spaces or infinite?" And Thou didst cry to me from afar: "I am who am." And I heard Thee, as one hears in the heart; and there was from that moment no ground of doubt in me: I would more easily have doubted my own life than have doubted that truth is: which is *clearly seen, being understood by the things that are made.*

Food