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O Bread of Life

by Sisters of the Monastery of Mount St. Scholastica

Spiritual Reflections

Advent 2014

O Bread of Life, nourish and sustain us as we journey in faith through Advent.

Remembering my mother's Saturday bread-making ritual was an amazing gift throughout my life. She was precise in the way she mixed each ingredient together. The gentle kneading process was a wonderful example of the importance of perseverance. Watching and waiting for the dough to rise gave me a chance to learn patience. We observed the complete transformation when we opened the oven door to see the beautiful loaves of bread. As a family, we were nourished by this bread. Are we willing to enter into a spiritual bread making? Are we ready for transformation?

-- Sr. Martha Schweiger

[The Monastery of Mount St. Scholastica in Atchison, Kan., is home to 140 Benedictine sisters whose presence has been in the Kansas-Missouri area for the last 150 years. While primarily engaged in education, the sisters also sponsor the Keeler Women's Center; Sophia Center, which houses their spirituality programs; and Maur Hill-Mount Academy and Benedictine College, which they co-sponsor with St. Benedict's Abbey.]

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