

Making the Divine Bread



Italian Bread
\$2.75

French Bread
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WAESHAEL





INTERNATIONAL ORDER OF ST. VINCENT: THE O.S.V. IS MADE UP OF LAY MINISTERS AND LAY LEADERS WHO FOLLOW THE LITURGICAL PRACTICES OF THE ONE, HOLY, CATHOLIC, AND APOSTOLIC CHURCH. THOUGH MOST MEMBERS FOLLOW ANGLICAN TRADITIONS, THE ORDER INCLUDES MEMBERS OF OTHER WESTERN RITE CHURCHES, AND THE REQUIREMENTS OF THE ORDER ARE BROAD ENOUGH TO ADAPT TO ALL WESTERN RITE LITURGIES. THE ORDER DATES BACK TO 1877, WHEN THE FIRST LOCAL GUILD OF ST. VINCENT WAS FORMED AT ST. CLEMENT'S CHURCH IN PHILADELPHIA. IN 1939, THE O.S.V. AFFILIATED WITH THE SCOTTISH AND BRITISH ACOLYTE GUILDS. THIS AFFILIATION BROUGHT ACOLYTES THROUGHOUT THE

ANGLICAN COMMUNION INTO FELLOWSHIP WITH AND PRAYER FOR ONE ANOTHER. IN 1970, THE ORDER OPENED MEMBERSHIP TO GIRLS AND WOMEN, AND TO ALL LAY MINISTERS INVOLVED IN SACRED SERVICE IN 1979. THE GOVERNORS VOTED IN 1984 TO CONTINUE AFFILIATION WITH THE NEWLY FORMED "CONTINUING" ANGLICAN BODIES AND TO, BY WORD AND EXAMPLE, CALL ALL CATHOLIC COMMUNIONS TO VISIBLE AND COMPREHENSIVE UNITY. WE ARE NOW TRULY A TRANS-CATHOLIC ORDER.



This article by Glen C. Miller O.S.V., is an introduction to an understanding of the meaning of the seven virtues as described by The Master at the sermon on the Mount (Matthew ch.5.) Also Glen has described his journey of living these virtues.

More information on how to live the virtuous life which is both Truth and The Faith of Jesus can be found at the web site of the International Order of St. Vincent.

www.orderstvincent.org

And at the Web Site www.Hwylcom.org

Bread and the recipe and the Kingdom of God

An Introduction to the Faith of Jesus.

by Glen Miller O.S.V. ¹

The Master's Bread ²

Bread appears frequently in the NT stories and is used by The Master ³ as a **metaphor** for the spiritual food needed for us to enter Eternal life and the Kingdom of God. I will continue with this metaphor to help you understand what you must do to enter the Kingdom of God.

In the Gospels, the Master is training his twelve to make perfect *bread* according to His particular *recipe*.

His method for making perfect bread is not stated clearly in the NT, so we have little understanding of the process of actually making *bread*.

Apparently the writers of the NT assumed that its readers knew how to cook. But today most people don't even know how to make dough. If we try to make *bread* from a guess as to the process, we are going to end up with something unsatisfying - and not what The Master wanted at all.

We have so many Christian denominations, each guessing what The Master meant. Today there are 400 different religions in the USA, and some 33,000 denominations worldwide.

What The Master had really trained the disciples to do, seems to be absent from our NT. John said that there weren't enough books in the world to write down all the The Master taught them. In the NT there is only a reminder of what He taught. We are

¹ I am not uttering a final pronouncement nor expressing an established doctrine, but I am researching to the limit of my ability, I am discussing the meaning of the Scriptures and I do not claim to have understood that meaning wholly or perfectly, on many points I have a preliminary idea .

All biblical quotations are taken from the AV "King James Version"

² "Bread" is mentioned 361 times in the KJV, even more times than "love"

³ His family and followers called him *Master, Rabbi, Teacher* - never *Jesus*.

dependent upon the Holy Spirit to remind us of the things He showed to the disciples but which were not written down.

The Master said *I am the bread of life* ⁴ follow my instructions and you will never hunger, for I will show you how to make everlasting *bread*.

Now, the recipe for this *bread* **is** in the NT, but the instructions on how to prepare it seem to be missing. Before we can make the Master's Bread, we must first learn how to measure and grind millet, and make dough and have it bake properly.⁵

The recognition of **bread as life itself**, is demonstrated in the sacrament. The Master has told us that: He will also be within us (as The Christ) if we both eat His bread and *keep His words*. ⁶

The seven virtues

The Master teaches us that God will offer us seven virtues, which if we accept them all, will enable us to make the *Master's bread*. ⁷ **"The seven virtues are:** "fear of God, piety, knowledge, fortitude, counsel, understanding, and Wisdom," ⁸

St. Augustine wrote (5th. cent.) " The sevenfold operation of the Holy Ghost vs. the Beatitudes - Chapter IV . 11.

"Hence also the sevenfold operation of the Holy Ghost, of which Isaiah speaks, seems to me to correspond to these stages and sentences. But there is a difference of order: for there the enumeration begins with the more excellent, but here with the inferior. For there it begins with wisdom, and closes with the fear of God: but "the fear of the Lord is the beginning of wisdom."

"And therefore, if we reckon as it were in a gradually ascending series, there the fear of God is first, piety second, knowledge third, fortitude fourth, counsel fifth, understanding sixth, wisdom seventh.

⁴ Jo 6:35 & 48

⁵ My favorite bread made from millet and chia and other good stuff. Just like ancient bread.

⁶ Joh 14:23. These words are summarized in the Beatitudes in MT 5

⁷ MT 5:3 -11 "the beatitudes"

⁸ (Isaiah 11:2, 3) And the spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and of the fear of the LORD; And shall make him of quick understanding in the fear of the LORD: and he shall not judge after the sight of his eyes, neither reprove after the hearing of his ears:

St. Augustine taught that **The fear of God** corresponds to the humble, of whom it is here said, “Blessed are the poor in spirit,” i.e. those not puffed up, not proud: to whom the apostle says, “Be not high-minded, but fear;” i.e. be not lifted up.

Piety corresponds to the meek: for he who inquires piously honours Holy Scripture, and does not censure what he does not yet understand, and on this account does not offer resistance; and this is to be meek: whence it is here said, “Blessed are the meek.”

Knowledge corresponds to those that mourn who already have found out in the Scriptures by what evils they are held chained which they ignorantly have coveted as though they were good and useful.

Fortitude corresponds to those hungering and thirsting: for they labour in earnestly desiring joy from things that are truly good, and in eagerly seeking to turn away their love from earthly and corporeal things: and of them it is here said, “Blessed are they which do hunger and thirst after righteousness.”

Counsel corresponds to the merciful: for this is the one remedy for escaping from so great evils, that we forgive, as we wish to be ourselves forgiven; and that we assist others so far as we are able, as we ourselves desire to be assisted where we are not able: and of them it is here said, “Blessed are the merciful.”

Understanding corresponds to the pure in heart, the eye being as it were purged, by which that may be beheld which eye hath not seen, nor ear heard, and what hath not entered into the heart of man: and of them it is here said, “Blessed are the pure in heart.”

Wisdom corresponds to the peacemakers, in whom all things are now brought into order, and no passion is in a state of rebellion against reason, but all things together obey the spirit of man, while he himself also obeys God: and of them it is here said, “Blessed are the peacemakers.”

When you exhibit these virtues, then you will be “in Christ.”⁹ And you will be making bread according to the Master’s methodology.

Here for review are the verses from Matthew known as **The Beatitudes**.

Mt 5:3* **Blessed are** the poor in spirit: for theirs is the kingdom of heaven.

Mt 5:4* **Blessed are** they that mourn: for they shall be comforted.

Mt 5:5* **Blessed are** the meek: for they shall inherit the earth.

Mt 5:6* **Blessed are** they which do hunger and thirst after righteousness: for they shall be filled.

Mt 5:7* **Blessed are** the merciful: for they shall obtain mercy.

Mt 5:8* **Blessed are** the pure in heart: for they shall see God.

Mt 5:9* **Blessed are** the peacemakers: for they shall be called the children of God.

⁹ Origen, the greatest teacher to the church of the 3rd. cent. taught that “Christ is virtue.”

Mt 5:10* **Blessed are** they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

Mt 5:11* **Blessed are** ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

These are steps for preparing to make bread The Master's way. You must also understand the techniques needed for each step to work.

Before you begin, you need to have absolute confidence that you will not only be able to understand the Master's way of making *bread*, but that once eaten, you will enter the Kingdom of God and *see God* (be with the Father.) What is needed from you is the same confidence that the *grain of mustard seed* has - in that it knows without any doubt - with the help of God - it will overcome all obstacles and grow to become a big bush. The Master taught that if you have confidence in God to make it happen, nothing will prevent you entering the Kingdom of God.¹⁰

You, who have already been chosen by God, have been offered these blessings, but some of you do not recognize them. Once you recognize that you have received these blessings, you will manifest the virtues of Christ in your life, and God will declare you *righteous*.

The **fear of God** is **the first virtue** that is received as a blessing to those who are **poor in spirit**.

This fear is not something to make you afraid, it is a blessing to make you consider God in everything you think and do. You may imagine that God is not only watching and listening to you, but that God is present all the time, advising you and chastising you. You could talk to him while you are loading the washer, or making dinner, or wondering about what you should do about your dog's health problem.

¹⁰ Luke 11:9-11 "And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent?"

Don't make any decision without God. Be **humble** - don't go it alone. Say to people things like "With God's grace I will come on Tuesday." The more you do this sort of thing the more present God will become.

Luke says: Luke 21:36 "Watch ye therefore, and **pray always** [fear God] , that ye may ... stand before the Son of man." To *pray always* is to ponder about God while you are awake and dream about God when you are asleep.

Notice that this **first virtue** is offered to those **poor in spirit**, who own nothing and have **no desire for any attachment to worldly things**,¹¹ because their desire is for the Kingdom of Heaven, as Paul says also to his converts:¹² "*For our conversation is in heaven; ...*" [meaning the focus of our attention is in heaven.]

After the crucifixion, when James became head of the Church in Jerusalem the followers were called "The Poor"¹³ because they had pooled their resources and kept almost nothing for themselves. I have met people like this, and tried to become poor myself.¹⁴

My Experiment at being "poor" 1988 - 1991

I was living in a high rise condo at Fisherman's wharf in San Francisco (it rents for \$6,000 a month today,) and was a Director of a medical Manufacturing Company. The Company was sold to Toshiba in 1988, and I cashed in my stock options and wondered what to do next. After some ten years in the medical equipment business I looked for an entire change in my way of life.

In 1988 I sold everything that would not fit into a small boat with minimal storage space. The condo, the Mercedes, all my photo equipment, books, kitchen equipment, coffee maker, and my business clothes were either sold or given to friends. I sailed from San Francisco for Cabo San Lucas in Baja California, and stayed there about six months. Back in those days Cabo was very primitive the nearest water source was a single stand pipe, and the water was polluted.

¹¹ The desire for attachment to things and people is also the cause of unhappiness.

¹² Philippians 3:20

¹³ Later, they were called Ebionites by other groups.

¹⁴ I sold everything and sailed away to Mexico.

When my six month visa expired in Cabo, I moved to the mainland in the PV area. It was a condo resort with a big marina, but in those days there were only a dozen yachts in the marina and the condos were empty. There was a small grocery store at the marina. For fresh bread and other stuff I had to walk a mile to the main road to catch a bus into Puerto Vallarta. Sometimes it was so crowded I had to stand on the outside of the bus. Often inside the bus there were holes in the floor which I had to straddle.

After two years in Mexico, most of my money was gone, and I had to live very simply. After two and a half years my experiment to find the simple life was complete, and I **mourned**¹⁵ for Home, and sailed home via Hawaii - a 5200 nm journey that took two months.¹⁶

I don't suppose that any of you have done such a thing, and you might not have any idea what it would be like to sail on an ocean in a small boat for such a long period. Let me try and help you to understand.

Imagine that you have gone camping and have a small ten foot diameter tent which you set down in some place like the great salt lake. From the flap of the tent you can watch the sunrise and sunset with no obstructions. There are no trees or even bushes within sight. You are not allowed outside the tent. The park warden has warned you that occasionally packs of wolves wander across the area and that you must watch out for them and if you see any scare them away with a bright light. To be safe you must check the area every fifteen minutes at night. Sometimes it rains heavily, and sometimes the wind howls though the tent flaps. And every week or so there is an earthquake that rocks the floor under your tent and sends pots and pans flying. But you cannot leave the tent. In the tent you have food and supplies for a month. After 28 days you go home.

That is what it is like in the Ocean.

I was **comforted** on my return home, by friends and family. I returned to work and got a similar job in Medical equipment sales, but my life was never the same. There was no longer much stress, and no desire to become wealthy, as I knew how to live a simple lifestyle.¹⁷

¹⁵ Blessed are they that mourn, for they shall be comforted.

¹⁶ I repeated this experiment after I had retired, with a three year voyage of the Caribbean. I had a little more money, and life was more comfortable, but still very simple.

¹⁷ Strangely I became wealthier than I had ever been, and it was no sweat anymore.

I think that God must have approved my attempts to get poor, though I didn't know it at the time. Ten years later (2002) I was inspired to move on to the **third virtue** which is **Piety** - the desire to find God in everything. I studied, not understanding very much, but willing to hold off questioning for a later time. *Blessed are the meek for they shall inherit the earth.* During the next three years (2005) I worshipped at an Episcopal Church and gained knowledge of God through continuous study. And so began the blessing of the fourth virtue **fortitude**.

Blessed are they that do hunger and thirst after righteousness for they shall be filled.

In 2005 I was offered the **fifth virtue** of **Counsel** and began to teach what I understood of God to the congregation under the watchful eye of the Dean of the Cathedral. This blessing corresponds to *Blessed are the merciful for they shall obtain mercy.*

I have a Web site devoted to my **understanding** of what God has revealed to me.¹⁸ And this **sixth virtue** of **understanding** corresponds to blessing of *the pure in heart for they shall see God.*

Recently I have received the blessing of **wisdom** which corresponds with *blessed are the peacemakers for they shall be called the children of God.* And now, I am looking into the teachings of **non-Anglo-Catholic** churches and want to show all Christians how the Gospels truly reveal the Faith of Jesus. **The Gospel message always has been and always will be for all people.** I just need to explain it in their own denomination's "language."

It will take many years of studying, with exposure to various "traditions" before I can understand everything about the Gospel. I expect that I will finally inherit the last blessing for which there is no corresponding virtue *Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.* I only pray that this is a long way off, perhaps after I have passed.

I have, I think, truly learned how to make *bread* as The Master wants it to be made.

Will you experience the virtues in the same way?

My journey has been unique. I have never met anyone who has made a journey like mine. The Dean of the Cathedral once wrote to me and said that in all his years as a priest, he had never seen a conversion like mine.

¹⁸ www.hwylcom.org

If you **do desire** to be blessed with all the virtues of Christ, you will have to sacrifice much that is considered important in this troubled world. You must learn how to abandon desire for attachments.

God may allow you to tramp around in the pluff mud of this world for a number of years, but eventually you must slide out of your boots and leave them behind.

Your future life is *to sit at the feet of The Master*. Follow your conscience and *be happy, don't worry* He will show you how to make the **bread** that enables you to **live in eternal life**.

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Anderson, SC
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