

**FOOD FULL OF LIFE: NOURISHING BODY, SOUL AND
SPIRIT**

Adam Obermeier

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We need to explore the full range of our relationship of nutrition spiritual life, Spiritual Nourishment: eating with an awareness of the mystery of life in food and a relationship with food that is capable of healing body, mind, and soul.

(73 Is not 'the gift of the holy Spirit to dwell in me, bein a benefit of the n0t plenty of spiritual food, suitable to nourish my soul, and to maintain spiritual life? fat things, a feast of wine an the lees, of fat thi'gr full of marro-w, of 'wines on the Ice; .

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