



# **Bread & Water, Wine & Oil: An Orthodox Christian Experience of God**

*Father Meletios Webber*

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Worry, despair, insecurity, fear of death . . . these are our daily companions, and even though we attempt to ignore them or try to crowd them out, they are there, waiting for us in our quieter moments. It is precisely where we hurt most that the experience of the Orthodox Church has much to offer. The remedy is not a pep talk, or any simple admonitions to fight the good fight, cheer up, or think positively. Rather, the Orthodox method is to change the way we look at the human person (starting with ourselves). According to two thousand years of experience, Orthodoxy shows us how to "be transformed by the renewing of our mind"-a process that is aided by participation in the traditional ascetic practices and Mysteries of the Church. In this unique and accessible book, Archimandrite Meletios Webber first explores the role of mystery in the Christian life, then walks the reader through the seven major Mysteries of the Orthodox Church, showing the way to a richer, fuller life in Christ.

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