To **eat humble pie**, in common usage is to apologize and face humiliation for a serious error.

**con·trite**
**ADJECTIVE:**

1. Feeling regret and sorrow for one's sins or offenses; penitent.
2. Arising from or expressing contrition: *contrite words.*

**ETYMOLOGY:**
Middle English contrit, from Latin contrtus, past participle of conterere, *to crush* : com-, *com-* + terere, *to grind*; see ter- 1 in Indo-European roots

**OTHER FORMS:**
**con·tritely** *(Adverb)*, **con·triteness** *(Noun)*

*The word contrite is excised from my NET computer Bible and is only present in my pocket electronic bible in three places. One place is notable is Psalm 51. This is where David pours out his heart over his affair with Bathsheba.* I can’t make any sense of this omission except the Bible writers think that this term or word is inappropriate. If I’m right there is no point in religious history where anyone was truly contrite. That this assertion of feeling contrite is a false assertion and labels the person in the *Cather in the Rye* terms a phony.

 To eat Humble Pie then is to inflict humiliation on a grandiose scale even more severe than the Bible writers are willing to give to David who sent Uriah to his death so he can partake of his wife Bathsheba. Humiliation, contriteness are weapons of an overheated ego. They are not anymore than effectuations on a theme ‘you’re going down’. Depression is a very real attribute of humiliation and has no religious consequence like being contrite. But here, again, I’m saying even being contrite has no religious consequence.

 In my main meditative instrument the Crown Rosary I start out with the first joy of Mary with the question ‘May I become your humble servant, Lord’. This is the correct I to Thou relationship you should have when you’re humble: contrite is not in the equation. Contrite in Webster’s dictionary; Broken down with sorrow for sin; humbly and thoroughly penitent. Is a defeatist position and God wants us to succeed?

 The story that now comes to mind is the story of the preacher who always complained that nobody heeded his sermons. So he prayed for a congregation that heeded every word he said about the Lord. When he died he got his wish. He stood proudly in front of his pulpit and everyone sat at the edge of his seat to hear the words of Christ. Of course, and why not if you were in hell you’d want to hear the words of Christ a thousand times more than if you were a sinner on earth.