

Bread-making activity
CDC Regional Meetings
Feb/March 2015

PREP

Tables, with 6 chairs each.

Ingredients on each table.

- flour or King Arthur's Gluten Free, All-purpose Mix for gluten-free bread
- salt
- baking soda
- cinnamon
- sugar
- pumpkin
- oil
- 2 eggs
- chocolate chips

Utensils on each table.

- 2 mixing bowls of good size
- measuring cups (1 c, ½ c, ¾ c)
- teaspoons (1 tsp, ½ tsp)
- whisk
- stirring spoon
- can opener

Paper with steps, questions, verses for each table and leader.

Blue hymnals for #717.

Bread pans already greased. (8.5x5 for regular, 9x5 for gluten-free)

Preheat ovens to 350.

TIME

6 Steps, approximately 10 minutes each

Bread will bake 45-50 minutes at end.

Bread can be shared in an afternoon session.

NOTE: Prepare one table with ingredients for gluten-free bread.

INTRO

Welcome. This next portion of time will be spent making pumpkin chocolate chip bread in table groups. It will be an opportunity for fellowship with those around your table, and for dwelling in the word of God. You are invited to join with your tablemates as companions on the journey of faith.

For each step of the process, three things will happen.

1. A Bible passage will be read aloud. Several questions will be posed.
2. One person will add ingredients during a time of silence for reflection.
3. Each person will be invited to respond briefly to the questions. You may choose to respond to just one question or you may pass.

There will be six different steps, which will allow about 10 minutes per step. Please monitor the length of your sharing so that everyone around the table has a chance to speak if they wish. If someone does not have a chance to share on one step, make sure that he or she has a chance to share first on the next round.

And the last logistics:

Each step involves adding ingredients. Allow each person a turn at adding ingredients. *While the ingredients are being added, allow it to be a short time of silence.* This will give all table members a chance to gather their thoughts before the first person speaks. The person to the left of the person adding the ingredient can begin the sharing.

Any questions before we begin?

Step 1

Read: I Kings 17:10-16 When Elijah came to the gate of the town, a widow was there gathering sticks; ...he called to her and said, "Bring me a morsel of bread in your hand." But she said, "As the Lord God lives, I have nothing baked, only a handful of meal in a jar, and a little oil in a jug; I am now gathering a couple of sticks, so that I may go home and prepare it for myself and my son, that we may eat it, and die." Elijah said to her, "Do not be afraid; go and do as you have said; but first make me a little cake of it and bring it to me, and afterwards make something for yourself and your son. For thus says the Lord the God of Israel: The jar of meal will not be emptied and the jug of oil will not fail until the day that the Lord sends rain on the earth." She went and did as Elijah said, so that she, as well as he and her household, ate for many days. The jar of meal was not emptied, neither did the jug of oil fail, according to the word of the Lord that he spoke by Elijah.

Questions for sharing:

A time you received or gave a gift of bread

Add: 2 eggs and stir. (3 eggs for gluten-free)

Silence

Share

Step 2

Read: Mark 8:1-8 In those days when there was again a great crowd with nothing to eat, Jesus called his disciples and said to them, "I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way -- and some of them have come from a great distance." His disciples replied, "How can one feed these people with bread here in the desert?" He asked them, "How many loaves do you have?" They said, "Seven." Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed. They ate and were filled; and they took up the broken pieces left over, seven baskets full. Now there were about four thousand people.

Questions for sharing:

Describe one of our congregation's meal traditions and why it is valuable to you.

Add: 3/4 cup sugar and stir

Silence

Share

Step 3

Read: Matthew 6:7-13 When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from evil.

Questions for sharing:

- a. What serves as your daily bread?
- b. What gives you strength?

Add: ¾ cup oil and stir (1/2 cup for gluten-free)

Silence

Share

Step 4

Read: Matthew 7:7-11 Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches find, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for bread, will give a stone? Or if your child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!

Questions for sharing:

- a. What ingredients does our congregation need to be healthy?
- b. What is our congregation searching for?

Add: 1 cup pumpkin and stir (1 can pumpkin for gluten-free)

Silence

Share

Step 5

Read: I Corinthians 12:12-18 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body - Jews or Greeks, slaves or free - and we were all made to drink of one Spirit. Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear would say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose.

Questions for sharing:

- a. What are *shared* characteristics within our congregation?
- b. What *differences* exist?

In a separate bowl, you will need to combine and mix:

- 1 ½ cups flour (2 cups King Arthur Gluten Free, All-purpose Mix)
- ½ tsp salt (No salt for gluten-free)
- ½ tsp baking soda (No soda for gluten-free)
- 1 tsp cinnamon

Silence

Share

Step 6

Read: I Corinthians 10:14-17 Therefore, my dear friends, flee from the worship of idols. I speak as to sensible people; judge for yourselves what I say. The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

Questions for sharing:

- a. How can the people in our congregation support one another?
- b. What is a blessing that our congregation can share with others?
- c. What is your hope for our congregation?

Mix wet and dry ingredients together. Stir in ¾ cup chocolate chips. Pour into prepared loaf pans.

Silence

Share

Closing

We will read a final benediction together, found in the blue hymnal, #717.

After the benediction, someone from each table should bring their loaf to the kitchen to bake. We will enjoy the bread together in one of our afternoon sessions.

Let us read together from HWB # 717:

**I believe in God, the giver of grain and bread,
And in Jesus Christ, the bread of life broken for us,
And in the Holy Spirit, God's nourishing power in every grain and loaf.
I believe that Christ is to be leaven in us,
So that we may offer the bread of life
To the hungers of every human heart.**