



“THERE IS A BASKET OF FRESH BREAD ON YOUR HEAD, YET YOU GO DOOR TO DOOR ASKING FOR CRUSTS.” -RUMI

Interfaith Advent Bread Baking Retreat on Zoom
Saturday, December 10, 2022 10:00 AM to 3:00 PM
With Br. Joseph Kilegevce, OP

Rumi reminds us of how close we are to the spiritual abundance we seek and yet how we often miss it, settling for left over crusts. We will consider this matter as we bake bread together.

Bread made by your own hands to feed loved ones, combining grain, yeast, water and honey and remembering a lineage of ancestors who fed each other this symbol for life and spiritual food will be our sacred work during the time of retreat.

With gratitude for your life, give yourself the gift of some quiet time with others to bake a loaf of delicious honey whole wheat bread, kneading your prayers into the dough, and uniting with the peoples of the world who are hungry for the bread of wisdom, kindness and compassion. Bread is a simple food that says, “You are welcomed here.” Jesus chose it as a way to remember him.

REGISTRATION:

Send to shemcenter1993@gmail.com before December 3, 2022

Please print:

Name: _____

Street: _____ State _____ Zip: _____

E-mail: _____ Phime: (_____) _____



Shem Center for Interfaith Spirituality
708 N. Harvey Avenue
Oak Park, IL 60302

This registration form is also found on the Shem Center website, <https://shemcenter.org/>
Search the PROGRAMS page.

Call: 708-848-1095

Email: shemcenter1993@gmail.com

Arriving late or leaving early changes the quality of the experience. Please plan to be present for the entire retreat from 10:00am to 3:00pm Central time. Have all utensils and ingredients ready for your use before the retreat begins. A Zoom link will be sent to you on your e-mail address upon registering.

Your donation to express appreciation for the retreat in the amount you can afford will be received with gratitude and used to support the ongoing mission of Shem Center, bringing the world a message of respectful inclusiveness to all spiritual paths in the midst of division and violence.

Bread baking will be taught with those new to it in mind.

SHEM CENTER WHOLE WHEAT BREAD RECIPE

1/2 cup **honey** and 1/4 cup **molasses**

3 cups boiling **water** and 1 cup cold water

3 packages of dry **yeast**, or 4 tablespoons of bulk yeast

1/4 cup vegetable **oil**

10 cups whole wheat **flour**, divided & placed in two 3 X 5" paper lunch bags

1 teaspoon **salt**

(bake @350 degrees for 40 minutes, perhaps more)

Pour some of the oil into a measuring cup to coat it lightly. Measure the honey and molasses in the cup and pour into a large mixing bowl. Add the hot water and mix well. Add the cold water and allow to cool to lukewarm. Sprinkle the yeast evenly over the surface and enjoy watching it "bloom." Gradually add the flour, salt and the rest of the oil. When dough becomes too stiff to mix with a spoon, empty it out onto a floured surface and begin kneading the rest of the flour into the dough. The amount of flour to add will depend upon its moisture content and the "feel" of the dough in your hands.

Kneading is a gentle yet firm process of pushing away and scooping back toward you as the dough is returned to a spherical shape. Do not slam or punch this dough. While kneading, meditate on the earth, the sun, the rain and all of the Creator's blessings that bring the wheat, and other ingredients into our hands. Send blessings to those who will eat this bread. Allow the sensuous experience of seeing, smelling and touching the dough to bless you. Use your memory and imagination to recall the bread stories of your own life.

Place the dough in a lightly oiled clean bowl, cover with wax paper and a clean towel and allow it to rise for an hour in a warm, draft free place. Briefly knead a second time on a lightly floured surface, return it to the bowl, cover it and let it rise for another 45 minutes. Knead on a floured surface, divide with a pastry scraper and shape into 3 loaves. Use a very sharp knife or razor blade to make a 1/2 inch deep cut along the length of the top of the loaf. Place in non stick bread pans or well oiled pans, cover and allow to rise about 30 minutes.

Bake at 350 degrees for about 40 minutes or until bread sounds hollow when the top is knocked with the knuckles. Remove from pans and place the loaves back into the oven for another 5 minutes to bake the loaves a bit more. Allow the loaves cool on racks. This recipe makes 3 large loaves. or 4 smaller loaves. Two round loaves will also fit on a cookie sheet.

Utensils you will need:

1 very large mixing bowl

1 8 oz. measuring cup

1 16 oz. glass measuring cup

1 very large spoon for mixing ingredients

1 tablespoon measuring spoon

1 kettle for boiling water

1 bread dough scraper

4 standard sized baking pans, 8.5" X 4.5", nonstick pans work best
(1 can of Pam vegetable spray if nonstick is unavailable)

1 very sharp knife to score loaves before baking

wax paper and kitchen towels to cover loaves while rising

oven @ 350 degrees plus a timer

wire racks for cooling loaves

4 plastic bags with twist ties

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