



## Spirituality of Bread Making Workshop



“Amazing to learn new things and the most important: to share meaningful moments of our lives with Becoming Neighbours. God is silently mixing and transforming our lives according to His will to serve others and to offer witness of our Lord Jesus.”

- Luis, Veronica, Pamela and Daniel Lozano



“I was touched by how joyful and thankful everybody was when they received their loaves of bread. It was hard for them to believe that they had actually made bread. What a wonderful experience for all of us!”

- Mary Burns

“Kneading dough, listening to bread stories, smelling our buns which we tasted mid-morning, seeing the variety of fresh baked loaves, walking home with bread to share, was my very sensual experience.”

- Betty Lou Knox, CSJ



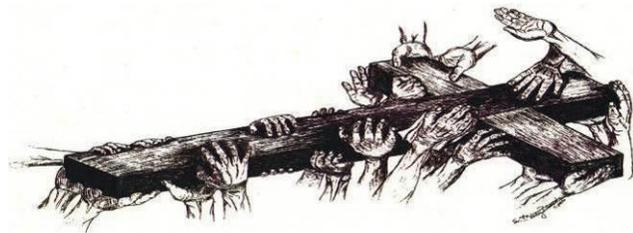
“When I make bread, I make an Examen of Conscious. I take a deep breath, relax and recall that I am in God's presence. I recall the last twenty-four hours and name the good things that have come into my life, and thank God for them. After the dough has been mixed and begins to rise, I reflect on how I have participated in this new life, and I beg God to show me how I am growing more alive in my spiritual life. I examine what my recent actions, omissions, thoughts and desires tell me about my relationship to God, myself, others, creation in God. How have I spent the last twenty-four hours.”

- Rick Curry, SJ

## Refugee Rights Day April 4th, 2013

Mark in your calendar this upcoming April 4th as we celebrate the day to take action and protect “refugee rights” in Canada. Join us in showing Canadians and the world why we are still proud to protect refugees and refugee rights. Ideas: [www.ccrweb.ca/en/proud-to-protect-refugees](http://www.ccrweb.ca/en/proud-to-protect-refugees)

proud to protect  
refugees in Canada



This **GOOD FRIDAY** we are invited to pray for the refugees to whom we minister and who minister to us. We want to stand with them, like Mary near her Son at the foot of the cross. No complaining, but just standing there, doing what we can – all we can, simply, humbly, living Mary’s “*ECCE ANCILLA*,” immersed in a mantle of oblation “an apron of service,” living with our hearts **IN SOLIDARITY!**

## For we are all sisters and brothers



“I have never cooked. This is my first experience since the kitchen has always been women's domain where I grew up. I really enjoyed the experience as did my kids who were so happy with their bread...”

- Elmer Gonzales



“Bethany and Ed, thanks for teaching us not a onetime thing but something for **LIFE** and that thing is: **Spirituality of Bread Making.**”

- Emmanuel Mavu

"An old church hymn, often used to send people forth from church, puts it well:

Called from worship into service  
Forth in His great name we go  
To the child, the youth, the aged  
Love in living deeds to show.

This wonderfully expresses what the Eucharist is meant to do. It is a call to move from worship to service, to take the nourishment, the embrace, the kiss, we have just received from God and the community and translate it immediately and directly into loving service of others. To take the Eucharist seriously is to begin to wash the feet of others, especially the feet of the poor. The Eucharist is both an invitation which invites us and a grace which empowers us to service. And what it invites us to do is to replace distrust with hospitality, pride with humility, and self-interest with self-effacement so as to reverse the world's order of things - wherein the rich get served by the poor and where the first priority is always to keep one's pride intact and one's self-interest protected. The Eucharist invites us to step down from pride, away from self-interest, to turn the mantle of privilege into the apron of service, so as to help reverse the world's order of things wherein pride, status, and self-interest are forever the straws that stir the drink."

- Ron Rolheiser, OMI

"Accompany us then,  
on this vigil  
and you will know  
what it is to dream!

You will then know  
how marvelous it is  
to live threatened with  
Resurrection.

To dream awake,  
to keep watch asleep,  
to live while dying  
and to already know  
oneself resurrected!"

- Julia Esquivel



When I was growing up, my mother always made extra bread- to give to the elderly woman down the street, to the big family across the road or to a friend at work. When I am making the bread, I often take time to pray for the people who will be eating it- that they will be nourished by it and they will experience the blessing of God's love.

- Bethany Osborne

