

What Kind of Bread Shall We Be?

By Sister Cecile Marie

There are probably a thousand kinds of bread. Each must be kneaded, punched down, and shaped. And each develops into its own unique character. Is that not like each of us? Does any of the following breads describe me?

- ③ Rye—a unique person, even a little bit quirky
- ③ Sourdough—trusting the yeast spores will produce the right condition, like a trusting person who lives in patience and hope
- ③ Multigrain—with lots of wisdom and insight, providing fiber to help the spiritually constipated who are bound up inside
- ③ Pumpernickel—a combination of whole wheat, cornmeal, rye, and mashed potatoes, not complaining about what we don't have and making the most of what we have been given
- ③ Cinnamon Swirl—a comfort food, needed after a difficult day
- ③ Raisin—recalling the sweetness of the grape, forgetting the summer's heat and pruner's knife, and passing on the sweetest
- ③ Banana—using what others deem too old and spotty and making something special, and to do that, you have to be a little bit nuts
- ③ Caramel Pecan Rolls—giving what we need, and more, in generosity



Which bread do I want to describe me? Does something in me need to be kneaded, punched down, or shaped?