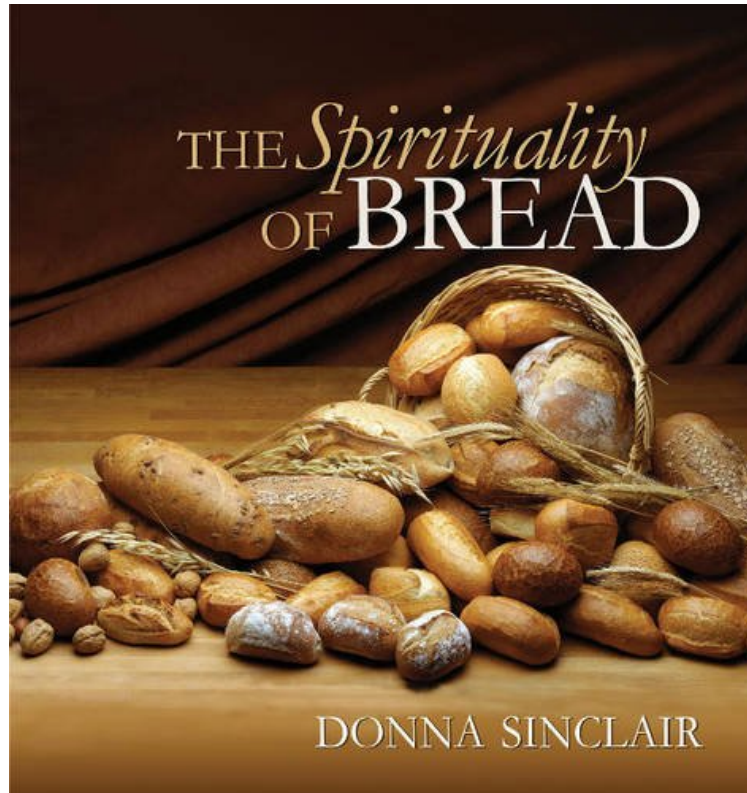


The Spirituality of Bread

Donna Sinclair

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Donna Sinclair : The Spirituality of Bread before purchasing it in order to gage whether or not it would be worth my time, and all praised The Spirituality of Bread:

1 of 1 people found the following review helpful. Bread is part of our civilization, our meals, our lives and our faiths. By Dennis G. Nelson This book is not a collection of artisan bread recipes, although it does have a lot of good recipes in it. They are more common and a bit homespun. I think the thing I most enjoyed about this book is the author's insightful and introspective stories of how "Bread" has been a cornerstone of civilization from the beginning. Not only as a food but as the role it plays in the spirituality of our faiths. Finally it shows how "bread" is a part of the family. How it is part of our childhoods, our everyday meals, our celebrations, our memories of our lives as we age. I reread this book every so often as it is comforting and I glean a little more out of it every time I read it again. 6 of 7 people found the following review helpful. A superbly illustrated and deftly written multi-cultural history of bread By Midwest Book Review "The Spirituality Of Bread" by Donna Sinclair is a superbly illustrated and deftly written multi-cultural history of bread -- why we make it, how it is made, the memories, concepts and iconic associations we have with bread ranging from the mythology of Demeter (the Hellenic goddess of grain) to Jesus and its metaphysical meaning to Christians. Inspired and inspiring, thoughtful and thought-provoking, as engaging as it is entertaining, "The Spirituality Of Bread" is a unique and highly recommended addition to personal reading lists and community library collections.

This book is about bread — why we make it, how to make it, what it has to teach us, the memories it gives us. Bread offers connection — as Jesus connected with his friends; as we connect with our children; as Demeter, the goddess of grain, bound herself to her daughter. People of every culture are tied together by the breads they bake. Bread helps us remember who we are and whom we love. Bread gives us calm. It is the opposite of fast food. You cannot make bread in ten minutes and the slow work of kneading and shaping and meditating heals our over-scheduled lives. Bread demands peace; you cannot grow grain in a battlefield. And justice: cheap bread that depends on the loss of the family farm is too bitter to eat. Bread, in fact, rises up out of the past into our fractured postmodern age. When we question all our assumptions and struggle to find a reason for existence, the making of bread gives meaning. There is no rational explanation for this — the healing power of making bread has nothing to do with the mind and everything to do with the wisdom of the hands. In this beautifully and lavishly illustrated book — you can almost smell the aroma of fresh baked bread — Donna Sinclair shares recipes and memories, stories and ideas about precious loaves that stir memory and bring pleasure. You can make your own bread (and memories) with this book; or simply contemplate the wisdom of stories found within as you visit your local bakery or make your morning toast.

About the Author A journalist for more than 30 years, Donna Sinclair is an award-winning writer who has traveled widely in Canada, Africa, Central America, Britain, and Eastern Europe. She is the author of *The Spirituality of Bread*, *The Spirituality of Gardening*, *A Woman's Book of Days*, *A Woman's Book of Days 2*, *The Long View* and numerous other titles. Donna lives with her husband Jim in North Bay, Ontario.