

Season 8, Week 9
February 13, 2012 - 5:29pm

*Hi everyone,
Happy Valentine's Day! It's been a busy day
at the bakery, and we would like to take this
opportunity to to tell you that we love you!
Thanks for being in this with us.*

*Love,
your bakers*

*Hola a todxs,
¡Feliz día de lxs enamoradxs! Tuvimos mu-
chísimo que hacer hoy en la panadería. Que-
remos decirles a ustedes que les agradecemos
y les amamos. Gracias por estar parte de la
panadería y de nuestras vidas.*

*Caríño,
sus panaderxs*

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The Welder

by Cherríe Moraga, printed in *This Bridge Called My
Back: Writings by Radical Women of Color.*

I am a welder.

Not an alchemist.

I am interested in the blend
on common elements to make
a common thing.

No magic here.

Only the heat of my desire to fuse
what I already know is possible.

We plead to each other,
we all come from the same rock
we all come from the same rock
ignoring the fact that we bend
at different temperatures
that each of us is malleable
up to a point.

Yes, fusion is possible
but only if things get hot enough –
all else is temporary adhesion,
patching up.

It is the intimacy of steel melting

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It is the intimacy of steel melting

into steel, the fire of our individual
passion to take hold of ourselves
that makes sculpture of our lives,
builds buildings.

And I am not talking about skyscrapers,
merely structures that can support us
without fear
of trembling.

For too long a time
the heat of my heavy hands
has been smoldering
in the pockets of other
people's business –
they need oxygen to make fire.

I am now
coming up for air.
Yes, I am
picking up the torch.

I am the welder.
I understand the capacity of heat
to change the shape of things.
I am suited to work
withing the realm of sparks
out of control.

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I am the welder.
I am taking the power
into my own hands.

* * *

Cherríe Moraga es una escritora lesbiana y feminista.
Aquí en inglés hemos puesto uno de sus poemas, "La
Soldadora". A nosotrxs tres panaderxs nos gusta y nos
acorda del poder de amor este día de lxs enamoradxs.
Buscamos una traducción pero solamente encontramos
las ultimas dos estrofas. Aquí estan:

Yo soy la soldadora
Entiendo la capacidad de calor
de cambiar las formas de las cosas.
Yo soy buena para trabajar
dentro de la esfera de las chispas fuera de control.

Yo soy la soldadora.
me pongo el poder
en las propias manos.

Esta Puente Mi Espalda, traducido por [http://castinet.
castilleja.org/faculty/flaurie_imberman/mundo/mor-
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Energetic Healing Community Clinic!

Would you like to be a part of the beginnings of a free clinic for our communities? We want you! Our small, rural, queer collective is launching a regular free community clinic focused on healing through the energetic (electrical) body* and we're excited to offer the first one of the year on Saturday, February 18th from 5-7PM!

The free clinic will be held at Nataraja Healing Center, which is at 731 Broad St in Durham. Participants will receive a session in a room with other people and will be fully clothed. Physical contact is not necessary.

Please RSVP by Wednesday, February 15 if you'd like to participate and let us know whether you are available during the first hour of clinic, the second hour, or either. We're limited to working with 16 people on the 18th, so sign up ASAP if you're interested--and don't hesitate to touch base if you have questions about all of this, or want to know more about what to expect! For more information, please contact Sarah (eureka8211@hotmail.com), Monica (loverains-down@yahoo.com) or Jes (ms.jeskelley@gmail.com).

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If you can't make it on the 18th but want to be kept in the loop, please let us know that, too.

*This holistic approach to healing is common in folk medicine and is known by many different names, like reiki (Japan), laying on hands (Anglo/Christian), healing the yar (Russia), balancing ch'i (China), and vibrational healing (Anglo/New Age).

Clinica Comunitaria de Curación Energética

¿Quiere ud. participar en una clinica de salud gratis para nuestras comunidades? Una colectiva pequeña, rural, y queer está empezando una clinica de curación energética. La primera clinica va a estar el 18 de Febrero, 5-7 PM, en Nataraja Healing Center, dirección 731 Broad St. en Durham. Para más información, favor de mandar un correo electronio a las personas mencionadas en el inglés (Sarah, Monica, y Jes).

What we baked! El pan de la semana

Half Wheat / Pan Medio-Integral de Levadura Natural (840g)

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What we baked! El pan de la semana

Half Wheat / Pan Medio-Integral de Levadura Natural (840g)

Water (39%), OG Whole wheat bread flour (29%), OG Unbleached bread flour (29%), Canola oil (3%), NC Honey (1%), Salt.

Whole Wheat/ Pan Integral (840g)

OG Whole wheat bread flour (55%), Water (36%), Canola Oil (3%), NC Honey (3%), OG fair-trade molasses (1%), Salt, Yeast.

Tomato Basil Bread / Pan de tomate con albahaca (715g)

Organic 14% white bread flour (34%), Organic NC tomato puree (23%), Organic whole-wheat bread flour (18%), Water (16%), Organic white bread flour (8%), Olive oil, dry basil, salt.

Pumpkin Spice Muffins / Mufines de Calabaza (450g/6)

Organic whole-wheat pastry flour (28%), Pumpkin puree (25%), Orange County honey (14%), Canola oil (10%), Organic pumpkinseeds (7%), Organic coconut milk (6%), Organic/Fair-Trade molasses (3%), NC pecan milk (3%: pecans & water), NC pecans (2%), Organic apple cider vinegar (2%), Baking soda, Cinnamon,

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Salt, Ginger, Nutmeg, Cloves.

Chocolate Truffles / Trufas de chocolate (65g/6)

Fair-trade OG vegan chocolate chips (unsweetened organic chocolate, organic evaporated cane juice, organic cocoa powder, organic cocoa butter, organic vanilla) -or- Green and Black's bittersweet organic couverture chocolate (organic bittersweet chocolate, organic whole milk powder), NC pecan milk, Organic coconut oil, Vanilla.

Thumbprint Cookies / Galletas de mermelada (92g/6)

Organic all-purpose flour (46%), Organic and US-grown cane sugar (28%), Earth balance (15%), Water (9%), Baking powder, Vanilla, Salt. Filled with a mix of Polaner's all-fruit no-sugar-added raspberry jam and plum jam from The Stone House.

Panadería 'Bread Uprising' Bakery
breaduprising@resist.ca
breaduprising.wordpress.com
816 Yancey St / Durham NC 27701

Salt, Ginger, Nutmeg, Cloves.

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Fair-trade OG vegan chocolate chips (unsweetened organic chocolate, organic evaporated cane juice, organic cocoa powder, organic cocoa butter, organic vanilla) -or- Green and Black's bittersweet organic couverture chocolate (organic bittersweet chocolate, organic whole milk powder), NC pecan milk, Organic coconut oil, Vanilla.

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