

Bakery updates & community events:

- Thanks to everyone who came out for the missioning dinner/meeeting on Friday! We had an inspiring evening. Notes to come next week.
- Preserving folks & everyone else – **We need blueberries!!** The blueberry season is almost over and so far there hasn't been a bakery blueberry picking day. Which means no blueberry muffins for the coming year :(Unless you pick blueberries! We can reimburse the cost of berries as well. Just email us at breaduprising@resist.ca. Other summer crops that are time-sensitive and we need more of are: corn (frozen kernels), peaches

(frozen sliced), and basil (frozen).

- This Saturday, August 10th is the annual end-of-summer celebration for **Student Action with Farmworkers**. Celebrate the success of SAF's current crop of farmworker activists! There will be music and dancing. Suggested donation \$20 (includes a delicious dinner.



What is the Stone House?

by Jennifer Jackson

Chances are, since you are a Bread Uprising member, you're also familiar with stone circles at The Stone House, located in Mebane, NC. If not, I'm glad to introduce you to us. We are a retreat and training center that exists to strengthen and sustain people committed to transformation and justice. We were born out of the activist movement in Durham in the mid-90s and moved onto our 70 acres of land in 2007. Social justice, spiritual practice and a sustainable relationship with the land are the three pillars on which our work rests.

Radical hospitality is what we strive to offer everyone who comes through our doors. (continued on next page)

WHAT WE BAKED!

Whole Wheat/ Pan Integral (840g)

OG Whole wheat bread flour (55%), Water (36%), Non-GMO canola Oil (3%), NC Honey (3%), NC sorghum (1%), Salt, Yeast.

Garlic Knots

Water (41%), OG Unbleached 14% Bread Flour (31%), OG Unbleached All purpose flour (27%), Salt, Yeast, Olive Oil, Garlic powder, Rosemary, Thyme, Oregano.

Oat raisin Muffins

.Organic ww pastry flour (27%), Pecan milk (23%: NC Pecans and water), Organic raisins (11%), Organic oats (11%), NC honey (11%), Canola oil (11%), Nc Pecans (8%), Baking powder, Apple cider vinegar, Vanilla, Salt. Topping – OG WW pastry flour, OG brown sugar, Canola oil, Cinnamon, Cloves.

GF Sandwich Bread

Water, Brown rice flour, Millet flour, Potato starch, Cornstarch (non-GMO), Chickpea flour, Tapioca flour, Orange county honey, Sea salt, Canola oil, Yeast.

Granola

Organic Oats (60%), NC Honey (11%), Canola Oil (9%), OG Sunflower Seeds (7%), OG Pumpkin Seeds (5%), NC Pecans (5%), TN Sorghum Molasses (3%), Raisins, Salt, Cinnamon, Cardamom.

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Greens growing in the Stone House garden

At its essence, this means that when you're at The Stone House, you're family, and we do what we can to make your experience feel like the deepest, most loving example of "home" you can imagine. Though we are not alone in our spiritual activism work, we offer one of the few places in the country where people can practice, integrate and embody transformational principles into their social change work.

Whatever your personal and/or spiritual beliefs are (or aren't), doing the hard, day-to-day work of living into them in a sustainable way requires deep commitment, conscious effort, regular periods of quiet and reflection, and supportive community. That – and amazing, nourishing food prepared by cooks like Noah – are also what we offer to those who visit. Particularly during times as politically, economically and socially challenging as these, taking the time to step back and reconnect with the most sacred parts of ourselves can be the difference between health and sickness, effectiveness and futility, and ultimately, even life and death.

We offer individual retreats, trainings and workshops in the deeper practices of transformative social change, as well as community events, meditation retreats and

opportunities for spiritual practice. For organizations, we facilitate trainings and workshops and rent our space for groups to do their own retreats, organizing and planning work. And for movements, we offer convenings and facilitation in transformational movement building that helps to move the work for justice forward in more powerful ways.

hope that after reading this short article, you'll feel moved to visit our website at www.stonecircles.org and even better, come out for a visit. Any friend of Bread Uprising's is a friend of ours...

Jennifer C. Jackson, Interim Director



MLK Feast at the Stone House (Jan 19, 2013)



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