

Week 8 on July 8<sup>th</sup>!

In this week's 'zine we have some bakery news, and reflections on Moral Monday from Heather Lee and Faith Holsaert, in a piece written by bakery member Jade Brooks. We'll have the 2<sup>nd</sup> half of the survey report-back next week.

A few important bakery updates:

- This **Saturday from 9am to 2pm** we're going to be canning tomatoes and peaches for the next year. Please come by and help if you can!
- Next week is our **summer break** – so no subscription

- The Bread Team is planning a **workshop to write our mission statement as a bakery** (we have a vision statement but not a mission statement). We'll have more details soon but the workshop will be either August 1, 2 or 3<sup>rd</sup> (more likely the 3<sup>rd</sup>, which is a Saturday afternoon). Kifu Faruq is going to help facilitate.

Panadería Bread Uprising Bakery /  
Bread Uprising, LLC  
816 Yancey Street  
Durham, NC 27701  
[www.breaduprising.org](http://www.breaduprising.org)

## Reflections on Moral Monday

by Jade Brooks

The ninth Moral Monday was held last Monday, July 1, at the Legislative building in Raleigh. Led by the NAACP, the Monday assemblies are in protest of the actions of the North Carolina state legislature—which is led in both the House and the Senate by Republican supermajorities. Just this week, the NC General Assembly (what the legislature is called) has cut off unemployment benefits to 70,000 North Carolinians and shut down every abortion clinic in the state but one.

Here are reflections from **Heather Lee**, a dancer and a member of SpiritHouse Inc. in Durham. SpiritHouse is a non-profit grassroots organization that uses art and media to empower communities most affected by poverty, racism, gender

discrimination, and the school-to-prison pipeline (where youth of color are criminalized starting as children, and effectively shuttled towards prisons and jails).

"I have attended two Moral Monday's so far. My experience, both times, was exciting, liberating and anxiety ridden. To see so many people coming together, to fight for so many different reasons, is very inspiring. Hearing the different stories and standing in support as friends and strangers get arrested has an overwhelming effect on the spirit. I would be lying if I said that there wasn't some fear when thinking of all of the things that could possibly go wrong at one of the Monday events. I am comforted, though, by all of the familiar faces in the crowd...



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—Heather Lee, SpiritHouse Inc.

A SpiritHouse supporter, a writer, and Movement activist, **Faith Holsaert** was arrested during the protest last Monday. Faith was a staff member of the Student Nonviolent Coordinating Committee and worked with them to organize for voting rights in the South during the 1950s and '60s (rights now under attack by the recent Supreme Court ruling that gutted the Voting Rights Act—making it easier for states in the South to discriminate against students, elders, and people of color).

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"I was happy to be among the 82 arrested. The tragedy that is North Carolina and, really, the U.S., in 2013, was illustrated as we [those arrested at Moral Monday] sat in the pristine new detention center [in Raleigh, NC]. Though we were cuffed, we wore our own clothes. Though we were uncomfortable, we had one another and hundreds of supporters outside.



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"But.

The single young (very young) Black woman and the several young (very young) Black men who were ushered into a separate holding area from ours were in blaze orange jumpsuits and shuffley orange slippers and some sort of over garment. They were alone. They were so, so young and so, so Black."

--Faith Holsaert

Moral Monday Ten will be held July 8th at 5 pm at Halifax Mall in Raleigh. If you want to help Bread Uprising pass out bread, meet Noah at the Bakery at 4 pm! To get informed about future actions, text the NAACP at 46988 for text message alerts or go to their website at [www.naacpnc.org](http://www.naacpnc.org)

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## 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.

### Potato-Onion Artisan Bread

Organic unbleached bread flour (44%), Water (27%), NC potatoes (16%), Roasted onion (6%), Organic whole wheat bread flour (5%), Salt, Garlic powder, Yeast, Fresh Thyme from Arnette Ave., Dried Rosemary from Nadeen's garden, Dried Oregano from Noah's mom's garden.

### Fig-Ginger Muffins

Organic whole-wheat pastry flour (33%), Frozen figs from The Stone House & NC applesauce (20%), Organic dried figs (10%), Canola oil (12%), NC honey (12%), NC pecan milk (6%), Organic crystallized ginger (2%), Baking powder, OG apple cider vinegar, baking soda, salt, organic powdered ginger.

### Half-wheat sourdough sandwich

Water (38%), Organic ww bread flour (30%), Organic 14% white bread flour (16%), Organic white bread flour (15%), Canola oil, salt

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