



DAY THREE

The flour and the yeast


Reading the Bible (Luke 13:20-21)

And again Jesus said: "To what shall I compare the kingdom of God? It is like yeast that a woman took and hid in three measures of flour, until it was all risen."

Reflection time

How much flour is in "three measures"? (If you don't know: watch this drawing!)





There's a big difference between the amount of flour and the amount of yeast isn't there ? Also, if you look at the story closely, you'll notice that the main character "hides" the yeast in the dough.

Bread-making takes a long time and a lot of skill... but a tiny amount of yeast can change everything ! Something very small can really make a big difference.

> Have you ever had the experience of something small or insignificant, or hidden, making a difference in your life ?

> What do you think Jesus wanted to say to his friends with this parable ?

> Can you find a new way of telling this parable?

Mother dough

Mother dough is made with water, flour and time.

Mother dough is the yeast that makes the bread rise! With very little mother dough you can make a lot of bread.

Mother dough can be eternal if we take care of it everyday. It can live longer than human beings and if it is well cared for, it never dies.

So, bread can be inherited from generation to generation.

In order to make bread, the mother dough has to lose half of its body, but if we feed it with water and flour, the next day it will again be a complete mother dough.

It is this small half of the mother dough that a woman hides in 60 kg of flour!

Mother dough can be increased greatly; instead of making bread we can divide the sour-dough and feed both parts: the next day they will have become two complete mother doughs.

The loaves made from the same mother dough are "brother loaves".

Prepare all together a mother dough. Take care of it as a way of praying every day.

Share half of your mother dough with someone in need, and you will be brothers by the bread.

Let it grow completely again.

Take care of the mother dough at least until you can come back to Olinda in the future!

Before coming to Taizé bake a very big loaf bread (with a lot of flour and a bit of mother dough hidden in it), and share it with people on the road.

Creating family's mother dough

Step 1 > In a bowl, place 30g of whole wheat flour. Mix in 30 ml of water . You can put the mixture inside a big glass pot and cover it with a thin dry cloth. The best temperature is between 20 °C and 26 °C.

Step 2 > Feed the mixture twice daily for the first five days by adding 30g of flour and 30ml of water. (To test the dough's readiness, drop a small piece of the mixture in water and if it floats, it's good to start making bread.) Once the bacteria in the dough has been activated, place a cloth over it and leave out for one more day.

Step 3 > To keep mother dough alive, it will need to be fed each three or four days (or more often if you make your own bread every day!) Add a big spoon of water and stir. Add the same quantity of flour and stir. Cover it again.

If you would like to share your experiences with the Olinda team, or if you would like to talk personally to one of the team, you can write us or send us a short video of your experiences at olindateam@taize.fr

