

SUPER FRIENDS 10!



Supporting Resource

Peace Builders



Prayer

God of love,
turn our hearts to your ways;
and give us peace.
Amen

*"We need joy as we need air.
We need love as we need water.
We need each other as we need the earth we share."
- Maya Angelou*

Introduction

Before we begin, we want to acknowledge the awesome work you do as parents, and youth and children's workers. We know the struggle and how hard it can be at times to accompany children through their experiences of conflict in their immediate lives and the world. This is especially hard when we are navigating our own emotions and responses, and when what we want to do is protect them. As parents and caregivers, we need to protect children from actual harm but resist the instinct to protect them from feelings, which encourages avoidance.

Children can and will learn about and witness conflict in real life, through social media, from friends, and historical accounts through school. They will naturally have questions and reactions to these encounters and exposures.

Here are our top tips on engaging children

Give space

Give space for the child to guide the conversation and share what they know, how they learned what they know and to name how they feel. If the timing doesn't work, reassure them that you will continue the conversation without dismissing them. It is also important to comfort and affirm them and if necessary, gently correct any inaccurate information they might be sharing and avoid the use of labels such as "bad people or evil people". If you know a child who is anxious and worried about conflict, pick a neutral and natural time to start a conversation with them.

Listen to and acknowledge how they feel

Feelings can be hard to name, and sometimes we talk around the feelings. Ask "How does it make you feel?" There are some really great resources like the feelings wheels for kids online that can be helpful tools to name feelings.

Listen to their questions and concerns

Show that you are listening and give them your full attention. It might be hard to answer some of the questions and it's okay if a child asks a question you can't answer. Offer to work with them to find the answer together. You do not have to feel compelled to over-explain; try to answer what the child is asking, leaving space for more questions now or later. Try and get to the root of the concern as once we know the root, we can better reassure them and remind them that they can talk to you or another trusted adult at any time.

Look for the good

Sometimes this is referred to as "Focus on the Helpers" where people are responding to the immediate and long-term needs of a conflict. Are there ways they/you can engage/help, support or respond? How can they spread compassion?

Be calm

It can be hard to listen and see a child's concerns, worries and hurts, when we have our own responses to conflict and that is totally normal. Close the conversation by letting them know you care and they can talk to you at any time and continue to check in with them.

Take care of yourself

While creating the space for children to be able to talk to us and listening to them is really important, it is also really important that we take care of ourselves. Make sure you have people you can reach out to, and listen to your own body and soul, limit your exposure to the news if needed or separate yourself from conflict to breathe, reflect and pray.

This supporting resource is for Super Friends 10, on the theme of Peace, and has been put together by youth workers, Sunday school teachers, parents and a social worker. Their hope is to support you, in the conversations you might have with children and youth, as you use this resource to expand on the content of Super Friends.

As you go through this resource the corresponding page in Super Friends 10 will be noted where relevant.



**Thank You
for using Super Friends.**

Super Friends Feedback

As we look to keep resources current and ensure they are meeting the needs of users, we are seeking feedback on Super Friends. Thank you for taking the time to help us do that. Please distinguish adult responses from youth responses.

<https://forms.gle/RF7wXV9jfuxv4agv7>



Super Friends links the theme of each edition to the work of PWRDF and its partners to the Sustainable Development Goals, SDGs. SDGs are a universal call to action to end poverty, protect the planet and improve the lives and prospects of everyone, everywhere. The 17 Goals were adopted by all 193 United Nations Member States in 2015, as part of the 2030 Agenda for Sustainable Development which set out a 15-year plan to achieve the Goals.



UN International Days

July 30	International Day of Friendship
September 21	International Day of Peace
October 2	International Day of Non-Violence

- Consider how you might mark these days
You could come back to this question at different points or at the end of the resource too.

Say Peace

There are many ways to say "Peace". Sometimes the translation is straightforward, sometimes it encompasses a lot more, and in some cultures peace is shared by an action, like a bow.



- What ways do you know to say peace?

Here are some ways to say peace in different languages

How to Say It			
Language	Translation	How to Say It	Meaning(s)
French	Paix	Pay	Peace, Calm, Tranquility
Spanish	Paz	Pau	Peace
Swahili	Amani	Aa-mani	Peace
Ukrainian	Мир	Myr	Peace
Tagalog	Kapayapaan	Kap-ay-a-pan	Peace, Freedom From War
Sanskrit	Shanti	Shawntea	Peace, Inner Peace
Tamil	Canatanam	Som-ada-num	Peace, Silence, Calmness



Your faith talks about this

Mark 4:30-32

What Is God's Kingdom Like?

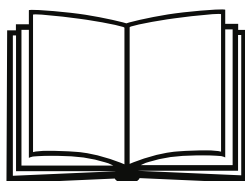
Then Jesus said, "What can I use to show you what God's Kingdom is like? What story can I use to explain it? God's kingdom is like a mustard seed, which is smaller than any other seed on earth that you can plant. But when you plant it, it grows and becomes the largest of all the plants in your garden. It has branches that are very big. The wild birds can come and make nests there and be protected from the sun."

Jesus uses Parables, a story using images and things that people would be familiar with to understand the message.

This story is not about seeds or about how big or small they are, the story is about seeing glimpses of the Kingdom of God here and now. The mustard seed wouldn't be a seed the people hearing this story for the first time would plant, like you wouldn't plant a dandelion, but they are all around us.

Just as the dandelion has an important job for the insects and pollinators as they wake after the winter, so too does the mustard tree have an important job; it offers a place of welcome and kindness, shelter, shade, protection, a home, and rest, a place with no judgment or exclusion but compassion and understanding.

In the parable of the mustard seed Jesus is telling us about the Kingdom of God that is all around us in ordinary things and calls us to show the same welcome, kindness, compassion and understanding with no judgment or exclusion.



Other scripture to reflect upon

Matthew 5:1-11

Psalm 34:14

Romans 14: 13-19

People of Peace

- Share one of these stories with your group or child. If you have a world map available, show them where the countries are.



Malala Yousafzai
was born in 1997
and is a Pakistani
activist for female
education.

- In 2009, **Malala** wrote a blog using a different name. She wrote about what her life was like under the Taliban. The Taliban occupied the Swat district in the Malakand Division of Khyber Pakhtunkhwa, Pakistan. In the summer of 2010, a New York Times journalist made a documentary about Malala's life and she became known around the world and was nominated for the International Children's Peace Prize by Desmond Tutu. On October 9, 2012 Malala and two other girls, Kainat Riaz and Shazia Ramzan, were confronted by the Taliban who tried to silence them because of their activism in speaking for the rights of girls. This sparked an outcry and condemnation globally and over 2 million people signed the Right to Education campaign petition. This led to the approval of the first Right to Education Bill in Pakistan. In 2020 Malala graduated from Oxford University.

"I'm grateful that I was able to complete my education. After taking time to relax, I am more dedicated than ever to my fight for girls."



Brayan Monsalve,
is a 20-year-old
psychology student
from Colombia
and is a member
of Human Rights
Colombia. They
work to protect
and defend human
rights in Colombia
by teaching human
rights education
to students.

- **Brayan** and his family were forced to flee their home but this only made his commitment to fight for and defend human rights even stronger. *"My father once said, 'You have to fight for your dreams, and when you fight for your dreams they become a reality.' That's why I am a human rights defender. I know how it feels to be threatened and attacked and I would never want anyone to feel that way. Everyone is able to make a difference and, together, we can change the history of Colombia."*

Ask the youth: Who is your person of peace?

- Draw a picture of your person of peace.
- What cause do/did they stand for?
- How do/did they stand for peace?
- How do/did they achieve their goal?
- Share your picture with an adult and maybe with your person of peace.



Dove of Peace

The dove is a symbol of love and peace in many of the world's religions and thanks to Pablo Picasso's lithograph, La Colombe in 1949, the symbol became even more universal. We invite you and your family, friends and church community to write a message of peace or hope on a square piece of paper. Once you have done that, follow these instructions to fold it into an origami dove. You can hang your dove up, give it to someone or make an art installation in your church.

<https://tavinsorigami.com/origami-peace-dove-instructions/>
<https://youtu.be/YajnsShr1IA>



World Peace

Imagine living in a world where there is no war and no violence. Imagine a world where all people worked together equally with the same access to education, technology, and medicine, and where everyone is treated with love and respect. **That is the idea of World Peace.**



Discussion

- What do you think living in a world of peace would look like?
- What would it sound like?
- What would it smell like?
- What would it feel like?
- Do you think that there would still be conflicts?
- How do you think conflict would be dealt with?
- What can you do to help make this idea a reality in your home, classroom and community?

What does peace look like

Young people's responses

Responses from the Sunday schools at St George's Church, Diocese of Brandon; Immanuel Anglican Church, Diocese of Qu'Appelle : Owen at St-Bruno, Diocese of Quebec and Noah and Anita at St Paul's Dawson, Diocese of Yukon.



Peace to me means: Quiet, not being loud, calm; Reading calmly, being alone, sleeping, no war, not fighting, no violence, no arguing, drawing, being helpful, tired; Drawing, reading, baths, having a good day; Like peace and quiet; Happiness, kindness, playfulness (people play with others); Being with my Mom.



I find peace: In the bedroom, reading, at night, settled down; Drawing, reading, baths; Somewhere silent where I can be on my own; In the forest; Sometimes at home; In my Mommy's arms when I'm scared or sad or something has happened.



Peace feels like: Happiness, sleeping, hungry; Alone and restful; Being helpful; Bringing joy; Being quiet; Happiness; Good and nice; Relaxing makes me feel good; Being in my Mommy's tummy – feeling warm and safe.

I help others find peace by/when: Telling them to read, talking to them; Being kind, sharing, hugs and a gentle touch; By telling them to go somewhere where they can be alone and in silence; You can't always have peace but I try to help them by telling them what's wrong and what's right; Tell them they're safe, if someone is being picked on, tell the person to leave him/her alone.

- Ask the children and youth how they would answer the questions above.



Check these out

Movies/and TV shows



- [Encanto 6+](#)
- Bluey season 1 episode 37 [Teasing https://www.bluey.tv](https://www.bluey.tv)
- Bluey season 1 episode 47 [Neighbors https://www.bluey.tv](https://www.bluey.tv)
- [He Named me Malala PG13](#) (Common sense media says 11+)

Podcasts



- [Peace Out](#)
- [Kidevolve Imaginarium](#)
- [Big Life Kids](#)
- [Rebel girls podcast](#)
- [Stoop Kids](#)

Peace Facts

Gender equality makes states and societies more peaceful.

Gender-equal societies are far more peaceful than patriarchal (ruled or controlled by men) societies. Studies have repeatedly demonstrated a connection between gender equality and peace. More gender equal societies are less likely to wage aggressive wars, less likely to experience civil wars and more likely to support international institutions. Peace processes that include women as equal partners are more likely to deliver sustained peace. Gender equal societies tend to have better relations with their neighbours.

There is a [Peacekeeping Monument](#) in Ottawa, Ontario commemorating Canada's role in international peacekeeping and the soldiers who have participated and are currently participating, both living and dead.

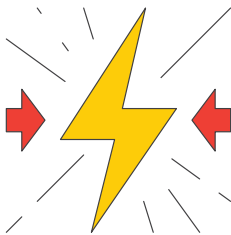
After decades of war in Cambodia, Rajana, an independent non-profit social Enterprise Supporting Artisans and a Disappearing Culture Through Fairly Traded Crafts, melts down the brass from the bombshells that litter the landscape, and recycles them into jewelry—wearable symbols of hope, progress and peace.



Conflict

Conflict is an absence of peace.

Conflict happens when two people (or groups) are struggling over different ideas, needs and values. Sometimes conflict means physically fighting, as in a war. Other times, conflicts are fought with words or body language and sometimes we even have conflicts inside of ourselves. Do you ever feel torn over a decision or uncomfortable when you can't understand something or someone? Like that twisted feeling in your gut when you don't know what choice to make. Chocolate ice cream or vanilla?



We all face conflicts, big and small, every day of our lives. We have conflicts with our siblings and parents, we have conflicts with our friends.

When was the last time you were feeling conflicted?

We see conflict all the time, but sometimes it's a little harder to see than others.

- What do you think conflict looks like?

Some of us see war or experience living through it; people fight and get hurt every day in wars over resources like land, water, food or ideas about how a country should be run. Political debates between country leaders are a form of conflict too. Conflict is real and can be really hard to face, but it's something we all struggle with.

- So how can you prepare yourself for the challenges and conflicts you will face in your life?



How can you choose to be a peacemaker every day?

- What is God teaching you through the conflict you have faced in your life?

Even when we are in conflict, we are not alone! God is there with us, walking with us, and guiding us in even the messiest conflicts of our lives.

Examples of conflict you may see:

Arguing over what video game to play or where to eat out for supper.

Conflict is hard to face but it helps teach us about the world and ourselves; it helps us grow. The bible is filled with stories of people who face conflict but God faithfully guides them through. For example, God leading the Israelites who were trapped in Egypt to safety, or Jonah's internal conflict that led to him being swallowed by the whale, or the conflict Esther faced in convincing her husband, the king, to change his heart to protect the Jewish people. God was with all of these people just as God is with you.

Humanitarian responses



The Blobs

The Blobs are simple images that lead to incredible places. They have nothing to identify them by age, gender, race or ethnicity, ability or disability and each blob is as unique as you are. If you look at the Blobs, what do you see each Blob showing? The one thing they all have in common is that they each demonstrate a different feeling or emotion, without the use of words. The Blobs communicate the many different ways of feeling. The same Blob might communicate one emotion to one person and a different emotion to someone else. As you look at the wonderings below, you can use colours to colour in the Blobs that you think of and identify with.



I wonder which Blob...

- you feel like right now?
– why do you feel like that right now?
- you would like to feel like?
– how can you get there?
- you feel like with your best friend?
- you would like to sit with?
- you feel least like?
- shows how you feel when you are confronted with conflict?
- shows how you feel when someone tells you off?
- shows how you feel when you get angry?
- shows how you feel when people ask you to help them?
- is the Blob you've never been?
- you would like to stand with?
- you would like to learn more about?
- you would like to talk to?
- you would like to tell they are loved?

I wonder what you might do next time you see or experience a conflict?

Responding to conflict

Even as adults responding to conflict can be complex, uneasy and difficult to do. Some conflicts we see in our day-to-day lives are differences of opinion between people that are best solved with clear communication.



When you or someone you care about is in a conflict, the first step is to spend some time with your feelings. Let yourself feel them and cry if you need to — conflict can feel overwhelming and can hurt our feelings. When you're ready, take some deep breaths and have some sips of water. This can help to calm your body and prepare you to move towards problem solving.

Next, it's time to get ready to engage with the problem. A good way to do this is to ask yourself some questions and reflect, or think carefully, about what you said, did and experienced during the conflict. Try questions like:

- What words describe how you are feeling about the conflict?
- What, from your point of view, was the conflict about?
- What did you want or need that is different from what happened?
- What might the other person have been feeling, wanting or needing?

Next, it's time to approach the other person to try to resolve the conflict. It is a good idea to start by asking if it is a good time to talk. If the other person feels ready, share the information that you reflected on when you were getting ready to problem solve by turning it into an 'I statement':

"I felt [feeling word] when [problem or disagreement]."

In the future I would like [new idea or different outcome]."

Then, ask your conversation partner (because now you're talking, not having a conflict!) **what they were feeling and what they need.** By speaking to each other in thoughtful ways and without blaming the other person for what happened, you might find common ground, even when you have different thoughts and opinions.

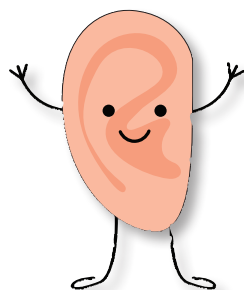
Sometimes, what looks like a conflict is actually an unfair power dynamic that harms someone because the other person is stronger or has more resources. When we see bullying, racism and discrimination, or rules that hurt some people but not others, it is a good idea to speak up using the communication strategies for resolving conflict if you feel safe enough to do so. If you don't, it is important to ask for help from a safe adult caregiver like a parent, teacher, coach or youth leader. Sometimes more than one person witnesses this kind of conflict — where someone is being hurt by someone who has more power than they do — and it feels harder to do something to help when it seems like no one else is helping. This is called the Bystander Effect, because people are 'standing by' and watching the harm happening without stopping it or getting help. You can fight the Bystander Effect by trusting your gut and getting help when you notice it is needed, even if no one else seems to be doing the same.

Listening

Listening can be super hard to do sometimes especially when there is a conflict but it is also a super important skill. You have to listen to yourself and feel how your body is responding. You also need to listen to the other person/people and what their words are trying to say and what their body is saying, and try to understand their point of view.

- What does it look like when someone is listening to you?
- What does it feel like when someone listens to you?
- How do you show someone that you are listening to them?
- What does it feel like to listen to someone?

Responses from the Sunday Schools at St George's Church, Diocese of Brandon; Immanuel Anglican Church, Diocese of Qu'Appelle; Owen at St-Bruno, Diocese of Quebec and Noah and Anita, St Paul's, Dawson, Diocese of Yukon



What does it look like when someone is listening to you?

Eye contact, like they're listening; Body language, serious look, talking, looking into your eyes; They're not messing around and talking to other people; They don't talk, stop, look, listen (look at you and stop talking); They are obviously paying attention; They're looking at you; They're being quiet.

What does it feel like when someone listens to you?

Good, makes them happy, acknowledged; Happy, joyful, good feeling, special feeling, not lonely, being kind; Good, important; Depends on the situation; If something bad is happening, you yell that you know a way out; Feel respected, feel happy, feel like I have a good friend.

How do you show someone that you are listening to them?

Answering questions, paying attention, not doing anything else, watching them; Not talking, respectful, nodding my head, looking at them, tell them you are listening; Looking at them; Not looking at other people; Not talking; Say, "We are all listening to you"; You look at them; Ask questions – "what if it doesn't work, is there a plan B?"; Look at the person; Don't run away and do something else.

What does it feel like to listen to someone?

Makes the talker happy; Emotional, feel good, sad, mad, being lonely; Thankful to the other person and you feel nice for listening to them; Exciting, happy; Depends on the situation; Could be frustrated or mad if you don't agree; If the person is sad, that could make me sad; Feel respected; Feel sorry for a friend who's feeling sad; Trying to understand.

- How would you answer these questions? Add your responses to our friends above.
- What are some other ways you know that help people to listen, talk and share?

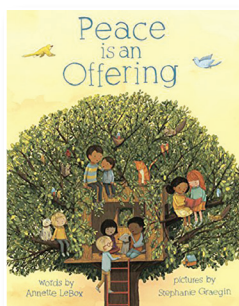
Book reviews

Peace is an Offering

Hardcover Picture Book, March 10, 2015

Words by Annette LeBox

Pictures by Stephanie Graegin



Reviews

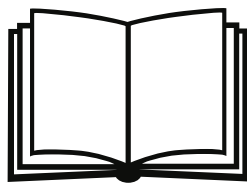
Ben, age 7

What I liked about this book is that it talked about peace. Sometimes when you read a book, you like it and you just don't know why. This book is good for all ages, but it can make you feel a little sad. The part that made me feel sad was the part about tragedy. I had to ask what tragedy meant, but I could tell from the pictures it was about a sad time. Sometimes all we can do during really sad and scary times is be with people and be a friend. That's what I learned from this book, that peace is a gift we can give someone, and that gift is friendship. The words and pictures tell different stories about how people made friends and that is giving peace. It can be easy things like inviting a new kid to your birthday party, or sharing your snacks. You can look at pictures and remember things together, or ask someone to play. There are lots of ideas in the book on how to make peace and I like them all.

Armand, age 10

I really liked this book. I liked that the words rhymed at the end of the sentences. The pictures were very nice, they showed things I do in my own life. I like that this book includes lots of different people who do not all look the same. The book made me feel that it is ok to feel my emotions. I like how people are helping each other and being kind to each other. It gives good examples of things you can do for other people. I liked the questions because they made me think about how to help other people. It helped me see what I can do to feel better when I feel sad. I like how everyone is working together and trying to find peaceful solutions. Everyone should be able to feel safe and secure and to ask for help when they need it.

Other book recommendations



[We Are All Born Free: The Universal Declaration of Human Rights in Pictures](#)

Paperback – May 3, 2016

[My Life As an Ice Cream Sandwich](#)

[Talk and Work it Out](#)

[Click, Clack Moo](#)

How does PWRDF respond to Global Conflict?

PWRDF works with friends who we partner with all around the world, supporting development projects and responding to the needs of the world when it is hurting. Emergencies are sometimes caused by the change in climate, fire, flooding and drought for example, sometimes the emergencies are caused by conflicts or war.

Together with these friends around the world, PWRDF is able to work to support local people and communities. When there is an emergency people want to help in any way they can. When people donate money to organizations like PWRDF we are able to work with our friends and make sure the money goes to help people and allow relief agencies to:

- buy supplies based on the specific needs of people
- get aid to affected populations as quickly as possible
- support the local economy, which may have been seriously affected by the disaster.

In most cases, it is more cost-effective and more time efficient to purchase goods locally than to airlift supplies from far away.

<https://www.international.gc.ca/>

How PWRDF has helped

Here are a couple of examples of how PWRDF has helped people affected by conflict in different places around the world. If you have a world map available, use that to show where the countries are:



Our friends and partners in **Ukraine** are Hungarian Interchurch Aid, Fight for Right, HelpAge International, Initiative E+ and ACT Alliance. With them, and because of the donations PWRDF has received, we are able to support a shelter for refugees that is heated and equipped with hot and cold running water as well as mattresses and blankets. It is one of more than 120 refugee centres and shelters that Hungarian Interchurch Aid supplies with food, water, hygiene products and household appliances. The Dzherelo Centre is supporting the rights of people with disabilities through evacuation, medical, legal and psychological support, accommodations and financial aid.

Our friends and partners in the **Tigray region of Ethiopia** are the Lutheran World Federation and ACT Alliance. Since 2020, as conflict and violence has continued, the people of Tigray have been denied aid from other countries because their government blocked help and support from other countries and governments. Donations received by PWRDF support safe water, sanitation and hygiene (WASH) for those who are most vulnerable, especially people who have been displaced — forced out of their homes and communities — as they have fled to safety.



Our friends and partners in **Syria** are the Mennonite Central Committee. This partnership helps donations given to PWRDF to support food assistance to 6,000 Syrian households who have sought refuge in and around the Qalamoun area, rural Homs, Hama Villages and rural Damascus. Food baskets include rice,

bulgur, spaghetti, chickpeas, lentils, vegetable oil, olive oil, sugar, salt, canned meat, tea and tomato sauce. The project also helps to protect women and girls who pick up the food baskets.

Additional Resources



Note:

Encanto means charm in English

Encanto | Disney Movies

Rating: PG

Runtime: 1 hour 42 minutes

Release Date: November 24, 2021

Genre: Adventure, Animation, Fantasy, Kids and Family, Musical

“Walt Disney Animation Studios Encanto tells the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place called an Encanto. The magic of the Encanto has blessed every child in the family with a unique gift from super strength to the power to heal—every child except one, Mirabel (voice of Stephanie Beatriz). But when she discovers that the magic surrounding the Encanto is in danger, Mirabel decides that she, the only ordinary Madrigal, might just be her exceptional family’s last hope.”

Watch the movie Encanto

Watch the movie before you watch it with the participants and consider these questions in preparation.

- What are the types of conflict you see?
 - Civil War
 - Family/interpersonal
 - Personal
- Where did you see these conflicts ?
- What resolved the personal conflict and the interpersonal conflict?

Though Mirabel might not have a ‘special power’ like the other members of her family, her power was perhaps even greater as she was able to see what was happening to her family; she listened to individual family members and tried to speak to the family about what she was seeing and hearing.

Mirabel learned the truth about Bruno and that he was part of the solution, and not the problem.

By not talking about Bruno and shunning him the problem was made worse.

It took Mirabel to return to the place the original gift was given, and for the grandmother to remember this for the healing to begin and the family to be restored.

***You are enough
as you are in who
you are in God.***

Encanto challenges the social narrative that we present ourselves as having it all together, and doing everything, when the reality is often quite different. We do not have to have it all together, no one does and no one ever has.

Bake a loaf of bread

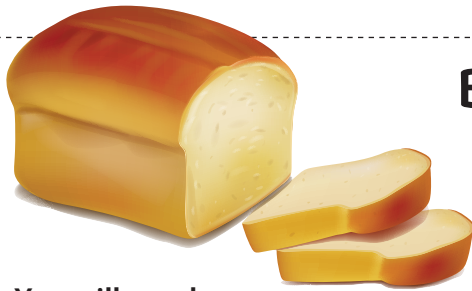
Luke 24: 30-31

Joining them at the supper table, Jesus took some bread and gave thanks. Then he broke some off and gave it to them. Just then they were allowed to recognize him. But when they saw who he was, he disappeared.

This bread recipe is from Somewhere Else also known as the Bread Church, a Christian community who gather together to bake bread, break bread (worship and have communion) and share that bread with others.

Each member of the community bakes two loaves of bread, one for themselves to take home and one to give to someone else. This is a really great way of living out the words of the bible story from Luke, in sharing bread together we recognize Jesus is with us and in giving bread to others we recognize Jesus in them. This is a symbol of hope and of peace; it is an act of remembering, of coming together as the disciples did at the last supper and being united in Christ.

There are many bread makers in your communities, maybe you are one. Please use your own recipe or invite one of your community members in to help share their wisdom and passion with the youth in making bread.



Bread Recipe *

You will need

- Measuring jug
- Mixing bowl
- 1 teaspoon
- Warm water
- Bread flour
- Salt
- Oil
- Yeast
- Honey (or sugar)
- Cling wrap
- Bread tins or baking sheet

In a measuring jug, mix:

- 6 flat teaspoons of yeast
- 600ml or 2 ½ cups of warm water
- Half teaspoon of honey

Stir and leave to froth (about 10 minutes)

In a bowl, mix:

- 2lbs or 6 ¾ cups of bread flour
- 2 teaspoons of salt
- Drizzle of oil
- Rub the oil, flour and salt together until there are no lumps

- Combine yeast mixture and flour
- Knead well (15 - 20 minutes)
- Cover with cling wrap and leave in a warm place for about an hour to rise until doubled in size
- Knead again, gently for a couple of minutes
- Shape and place in bread tins or on trays to make rolls or shaped bread.
- Leave to rise again until doubled in size
- Bake at 375° F or Gas Mark 6 for 30 minutes (loaf) or 20 minutes (rolls).
- Cooked bread sounds hollow when it is tapped on the bottom
- Cool on a rack

This bread freezes well and makes great toast! Vegans can substitute sugar for honey.

* This recipe makes 2 x 1lb loaves

<https://www.somewhere-else.org.uk/>



PWRDF

The Primate's World Relief
and Development Fund

The Anglican Church of Canada

80 Hayden St.
Toronto, ON M4Y 3G2
Tel: 416-924-9192
or 1-866-308-7973
pwrdf@pwrdf.org
pwrdf.org