

Breads Around the World

Africa

UCC Hunger Action Office

United Church Board for World Ministries

Famine Civil Wars

Widespread drought

A widespread drought, the worst this century, rages across eastern and southern Africa. Over 20 million people are at risk of starvation, and many more experience severe suffering and malnutrition. Other factors -- increased availability of deadly weapons, international structures of finance, limited roads and rail systems, and pre-existing famine conditions -- laid the ground work for the drought's unprecedented impact.

Thirsty nomadic people are reportedly standing by the roadside begging for water in Somalia. The reservoirs, wells, and rivers have started going dry at a time when normally they would be at their highest levels in South Africa and Zimbabwe.

The Iteso people of Uganda have descriptive names for months of the year. August, for example, is the "month of the big stomach" since it is the time of the millet harvest.

On the other hand, May is "the month when the children wait for food." That is the time when grain reserves are lowest and life is most tenuous, when children are most susceptible to illness.¹ With over 100 children dying every day in Somalia, all months are the "the month when children wait for food."

The United Church of Christ Hunger Action Office and the United Church Board for World Ministries offer this resource for your congregation. We hope through these prayers, bread recipes, and information on the crisis in Africa you may experience new understanding at the table of the Common Meal, have a means for expressing sensitivity to the suffering of brothers and sisters in Africa, and be renewed in God's vision of enough for all.



¹ Schlabbach, Joetta Handrich, *Extending the Table* (Scottsdale, PA: Herald Press, 1991) p. 54

*And in a random scorching flame of wind
that parches the painful throat and sears
the flesh*

*May God, in compassion, let you find
the great-boughed tree that will protect
and shade.*

From a Somali prayer

*Remember Lord, the down-coming of the rains
and the waters and the rivers,
and bless them.*

*Remember Lord, the plants and the fruits of the
fields of every year,
bless them and make them abundant.*

From the Evening prayer of the Covenant, Ethiopia

Ksra

Moroccan Bread

Makes two 8" diameter loaves. In Morocco, ksra is usually a sour-dough bread, but this version substitutes yeast. Use a mixture of whole wheat, barley, and unbleached flours in any proportion you like.

2 tsp. sugar
2 tsp. salt
7-8 cups flour and ¼ cup corn meal
2 tblsp. active dry yeast (2 packets)
2 tblsp. butter, melted, or clarified butter
¾ cup milk, room temperature or slightly warmed
1 tsp. caraway seeds or aniseed (optional)

In a bowl or measuring cup that will hold at least 2 cups, dissolve sugar in 1 cup of lukewarm water. Then stir in the yeast until it, too, dissolves. Set mixture in a warm place for about 5 minutes until bubbly and nearly double in volume.

Meanwhile, combine 7 cups flour and the salt in a large bowl. When yeast mixture is ready, stir it into the flour, along with the milk. While beating with a wooden spoon, or mixing with your hand, gradually add enough water to form a stiff dough. Start with 1 cup (the amount needed can vary widely). If necessary, add more flour. When you have a dough that holds together and pulls away from the side of the bowl, turn it out onto a floured surface. Let it "rest" for 10-15 minutes.

Knead by flattening the ball of dough with the heels of your hands, while pushing away from you, and then folding up the edges and pushing down again. Repeat until dough is smooth and elastic, 15-20 minutes for a good chewy loaf. If you're using caraway or aniseed, add them during the last stages of kneading.

Divide the dough into 2 equal parts, and put them one at a time into a greased bowl. Turn each over once to lightly grease all sides. Then, form the dough into two round, slightly dome-shaped loaves about 2" thick in the center. Sprinkle with corn meal, place on a baking sheet that also has been sprinkled with corn meal, cover with a lint-free cloth, and set in a warm place to rise for about an hour. (If you don't have a place that is 75°-85°, it may take longer for your dough to rise, and the texture of your bread will be a bit coarser - which you may prefer.)

While bread is rising, pre-heat oven to 400°. When rising is complete, prick the loaves with a fork in decorative patterns. Bake for 20 minutes, then lower heat to 300° and bake another 40-50 minutes, or until bread is golden and small cracks form in the crust.

Mahamri

Swahili Buns

Mahamri, from Kenya, is a staple bread of the Swahili people. Some make it every morning for breakfast. It can be eaten warm or cold, with butter or alone.

1 pound white flour
2 ounces sugar
2 dessert spoonfuls of ghee (clarified butter)
1 tsp. yeast diluted in a little warm water
1 ½ cups coconut milk or water
Oil for deep frying
½ tsp. cardamon seeds

Thoroughly knead the flour, sugar, cardamon seeds, ghee, coconut milk and yeast solution to form a dough. Knead until smooth and blistered. Divide into 8 balls. Roll each ball into a 6" circle. Cut into quarters. Put well apart on a floured board or paper and keep in a warm room for about two hours or until the dough has risen and become light. Deep fry on both sides until brown. The buns should be a light, golden brown, but not dark brown.

Diphaphata

Stove Top Muffins

(dee-pah-PAH-tah)

From Botswana, Diphaphata is most often made with yeast, but this simple baking powder version is also common, producing a tasty, round, bread, similar to, but heavier than, an English muffin. Makes 8-12.

Stir together:
4 cups flour
2 tsp. sugar
4 tsp. baking powder
pinch of salt
1 cup milk or water

Knead to rolling consistency on floured board. Flatten with hands or rolling pin. Cut into 3-4" circles. Place heavy frypan over low heat. Sprinkle with a little flour or spray with vegetable spray to keep bread from sticking. Place bread circles in pan and brown both sides, about 10 minutes per side. Serve immediately.

Kara - Africa News Cookbook: African Cooking for Western Kitchens (Africa News Service, P.O. Box 3851, Durham, NC 27702) Used with permission.

Mahamri - Recipes from Around the World (Oxford: Oxfam Education Department, 1983) Used with permission.

Diphaphata - Schalabach, Joetta Handrich. Extending the Table (Scottsdale PA: Herald Press, 1991) Used with permission.

A Service for Breaking the Bread

This is presented to give you options for your own service of communion. You may choose prayers for other settings or use the service as a whole.

Use several kinds of breads or variants to represent the many manifestations of "the Bread of Life." For example, our UCC/Disciples partner church in Zaïre does not use grape juice and bread "as you do in the west." "Grapes and flour do not grow in our country. Instead we use koolaid and rice cakes to represent the blood and body of our Christ."

Also, use table cloths from other countries and possibly chalices - glass, pottery, wood, etc. These may be available from SERRV or a local import shop.

Greeting

Here the words of Jesus: I am the bread of life;
anyone who comes to me shall not hunger;
anyone who believes in me shall
never thirst.

Petitions

O God, give us rain,
we are in misery, we suffer with
our children.
Send us the clouds that bring the
rain.
We pray thee, O Lord, our Creator,
to send us the rain. *Somalia, adapted*

Almighty God,
you whose own son had to flee the
evil plans of King Herod and seek
refuge in a strange land;
We bring before you the needs of the many refugees
throughout the world, particularly those in Africa.
We pray for those known personally to us who we
now name before you...
We pray for them in their need for the necessities of
life - for shelter and food.
Grant that they may have the skills and equipment to
build shelters and to grow food.

South African Council of Churches

O God,
our Creator, Redeemer,
sustain the people of the Sudan,
give food to those who hunger,
strength to those who suffer,
and peace and security to all.

Prayer of a Sudanese Christian woman

Scripture

Psalms 61:1-4
Luke 24:17-18

Communion Prayers

Almighty and eternal God,
we fervently lift up our eyes to you,
searching for help and guidance in the midst of very
many problems.
Come and show us how to serve the refugees and the
oppressed;
How to stand alongside those who struggle for social
justice;
Come, liberate us from captivity to confessionism,
and make us agents of reconciliation and unity.
Give us a will to love and serve you through loving
and serving others.

Keep us from insisting upon our own way.

Show us your way.

Enable us to grow in the
knowledge of your truth. Make
us bearers of hope, and
instruments of peace.

May we be living witnesses of
that unity which binds Divine
Parent, Son and Holy Spirit into
one forgiving and redeeming
God.

*Prepared by women students in the Pan
African leadership course, Kitwe, Zambia*



At R, all people respond, saying
Praise the Lord: peace be with us.

Let us pray to the God of our ancestors, through Jesus
Christ, in the power of the Holy Spirit.
May the bishops and leaders of our churches have
wisdom and speak with one voice. **R**
May the leaders of our country rule with maturity and
justice. **R**
May the country have tranquility and people be
blessed. **R**
May the people and flocks and the herds prosper and
be free from illness. **R**
May the fields bear much fruit and the land be fertile.
R
May the face of our enemies be turned towards peace.
R
May the path of the world be swept of all danger.
ALL: Hallelujah! The Prince of Peace is with us.
Based on traditional Kikuyu form, Church of the Province of Kenya

O God,

From a wandering nomad, you created your family;
for a burdened people, you raised up a leader;
for a confused nation, you chose a king;
for a rebellious crowd, you sent your prophets.

In these last days, you have sent us your Son,
your perfect image, bringing your kingdom,
revealing your will, dying, rising, reigning,
remaking your people for yourself.

Church of the Province of Kenya

Share the Elements

See suggestions at beginning of service.

World Ministries in the U.S.

Your congregation can participate in a variety of ministries with Christians in Africa. If you are interested in establishing a church partnership with a congregation in one of the following denominations, please write for global church partnership materials. Also ask for information about international youth programs, global education and advocacy, and multicultural projects.

Africa Partners

United Church of Zambia
United Church of Christ in Zimbabwe
Evangelical Presbyterian Church of Ghana
Evangelical Presbyterian Church of Togo
Presbyterian Church of East Africa in Kenya
Lesotho Evangelical Church
Evangelical Congregational Church of Angola
Church of Christ in Zaïre
Christian Apostolic Holy Spirit Church in Zion
of Swaziland
United Congregational Church of Southern Africa
with Councils and Synods in South Africa,
Namibia, Botswana, Mozambique and Zimbabwe

World Ministries in the United States
United Church Board for World Ministries
700 Prospect Ave., 6th Floor
Cleveland, OH 44115
(216) 736-3210

All of the prayers in this resource are from:

With All God's People: The New Ecumenical Prayer Cycle,
compiled by John Carden, for the World Council of Churches,
Geneva, 1989. Used with permission.

Prayer of Thanksgiving

O God, you who are from generation to generation, the Creator of the ends of the earth and all that it contains, we of the African continent bow our heads to you in humble thanks for the work that you have wrought in our lands and communities over the years.

We remember with joy the refuge which your only begotten Son our Saviour and his earthly parents took in Africa. We rejoice when we remember the journey of the Ethiopian eunuch, and his Christian fellowship with your disciple Philip in the Gaza desert.

It is a wonderful tribute to Africa that Simon of Cyrene helped bear the heavy wooden cross upon which you hung and suffered for us sinners here in Africa and all over the world.

We can never forget the countless men and women of other lands who spread throughout Africa the gospel news of the saving grace of Christ, and now that same call comes to us to do the same.

When we think of these things our gratitude knows no bounds.

Francis Akanu Ibiam, Nigerian Christian,
one time president of the All Africa Conference of Churches

Hunger Action

The Campaign to End Childhood Hunger continues to be a major focus of the UCC Hunger Action program. With over 5.5 million hungry children in the United States, our efforts must both be international and domestic. For additional resources on the Campaign, please contact Hunger Action.

Breads Around the World is a collaboration between the UCC Hunger Action Office and the United Church Board for World Ministries. In 1993 it will be expanded to include other regions of the world in which the UCC and Disciples are in ministry, and where people suffer hunger.

To receive the expanded version for World Communion Sunday in 1993 or additional copies of this resource, please contact:

United Church of Christ
HUNGER ACTION
700 Prospect Ave., 3rd Floor
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