

Yeast



- As any baker knows, it doesn't take much yeast to make a loaf of bread rise. Yeast is a microscopic living organism, that reacts with sugar and warm water to multiply and release carbon dioxide, causing the dough to expand. The yeast may seem insignificant, but you notice if it's not there.
- Just as a small amount of yeast can transform the bread dough, small acts of kindness can transform our communities.
- Breadmaking can't be rushed and, in the same way, transformation may take patience and perseverance, but our small, everyday actions do make a difference.
- What small acts of kindness can we commit to, and how can we encourage others to do the same?

"Some believe it is only great power that can hold evil in check, but that is not what I have found. It is the small everyday deeds of ordinary folk that keep the darkness at bay. Small acts of kindness and love."

Gandalf in The Hobbit