

Enriching Women Enriching Women



The Ultimate Comfort Food

There is something comforting about the smell of bread baking in the oven and the waft of it's aroma as you approach the kitchen, bakery or the more exotic sounding – boulangerie! During a recent holiday to France, it was always a delight to take a trip there and ponder the mouth watering exhibition of 'artisan' breads. As a child, it was one of my jobs on a Saturday morning to collect the pre ordered 'Hovis' wholemeal loaf; it was a special weekend treat. I well remember that even if you had no clue where the bakery was, you just followed the scent of freshly baked bread. All was well with the world!! For the busy household today, we have the ultimate in-house bakery – the bread machine!

In times past, bread was a staple necessary dietary item fundamental to life itself; if you had bread, you sustained life. Today, a diet which includes bread is viewed askance...suspicious of calorie content!

'It takes more than bread to stay alive. It takes a steady stream of words from God's mouth.' (Matthew 4:4 - a quotation from Deuteronomy 8:3 The Message)

The basic premise is that food alone cannot satisfy life...the soul and spirit; they need much more nourishment. In times of stress, anxiety or disquiet, we reach for food that comforts and soothes the soul and tells us 'everything is going to be alright'. It satisfies our soul for a time. But the tough times make us search for much more than natural bread...seek out His bakery, follow the smell of the bread of heaven which is able to feed us until we are full up. Often times, God's words are a consolation, an encouragement or a compass direction for life. Open the 'loaf', break off a piece, savour and discover... you will have tasted the Bread of Life. This is the ultimate comfort food for your soul, your life!

Affectionately, Judith