

KAIROS Prayer Bread

This is more than a recipe - it's a way of praying for God's direction and love for our **KAIROS** candidates for the next **KAIROS Short course**. In our hi-tech world where almost everything we eat comes prepackaged and designed for instant gratification, where does a recipe that takes ten days of prayer and preparation fit in? Maybe it would be good to those days not so very long ago when everything we did took time, like prayer and where baking bread took 10 days to make was not as extraordinary as it seems today. **KAIROS Prayer Bread** makes great bread for the **KAIROS Short course**. When you've made your bread, you can give your friends a sample and a bag of the starter to make it! Then your friends can make bread for **KAIROS** or for their own use or pass it along to their friends. Most important thing is to **Pray** during the process of mixing, kneading and baking the bread this is why the bread is called "**KAIROS Prayer Bread**". It also makes a great homemade birthday and Christmas present. **KAIROS Prayer Bread** really is genuine starter bread. For those of you without access to a starter, this is the basic recipe.

Starter for **KAIROS** Prayer Bread

DAY 1: The Starter Recipe

1 (.25 ounce) package active dry yeast
1/4 cup warm water (110 degrees F/45 degrees C)
1 cup all-purpose flour
1 cup white sugar
1 cup milk

Directions: In a small bowl, dissolve yeast in water. Let stand **10 minutes**. In a 1 gallon zip-loc bag, combine **1 cup flour** and **1 cup sugar**. Mix thoroughly or flour will lump when milk is added. Slowly stir in **1 cup** of cold milk and the **dissolved yeast mixture**. Squeeze out the excess air from the bag and zip shut. Consider this **Day 1** of the **10 day prayer cycle**. Leave the bag on the counter at room temperature, so that you can see it and pray for it every time you notice it. Remember that all the while, that while you are mixing this **praying** for God's guidance, that He bonds the **team** to become powerful mature starter for Him as the batter matures.

Days 2 thru 4; just squeeze the bag enough to mix thoroughly **pray** for the **42 candidates** that He is preparing for the weekend, and let it rest. Squeeze out the excess air from the bag and zip shut.

Day 5; mix **1 cup flour** and **1 cup sugar** together and pour this into the bag, slowly add the **1 cup milk** to the bag as you squeeze the contents of the bag to mix thoroughly and **pray** the **27 KAIROS Brothers in White** that will be selected to serve as **stewards**, that they will grow to be the men God uses to serve the **42 Candidates**. Squeeze out the excess air from the bag and zip shut.

Days 6 thru 9; just squeeze the bag enough to mix thoroughly **pray** for the **42 candidates** that He is preparing for the weekend, and let it rest. Squeeze out the excess air from the bag and zip shut.

Day 10 mix **1 cup flour** and **1 cup sugar** together and pour this into the bag, slowly add the **1 cup milk** to the bag as you squeeze the contents of the bag to mix thoroughly, **praying** for the **KAIROS Brothers in White, the unit, the administration, the chaplains, the team and your servants heart**. Give **4 cups** of the batter to friends along with a copy of this recipe (divide it up by placing **1 cup** each in a **1 gallon** zip-loc bag). Store **1 cup** of starter in a **1 gallon** zip-loc

bag in the freezer, or begin the **10 day** prayer process all over again (beginning with **Day 2**). Squeeze out the excess air from the bags and zip shut.

Once you have made the starter, you will consider it **Day 1**, and thus ignore **Day 1** in this recipe and proceed with **Day 2**. You can also freeze this starter in **1 cup** measures in the 1 gallon zip-loc bags for later use. Frozen starter will take at least 3 hours at room temperature to thaw before using.

Important Note: Don't use metal spoons or equipment. Do not refrigerate. Use only glazed ceramic or plastic bowls or containers.

Baking the **KAIROS** Prayer Bread

DAY 10 continued:

To the balance (a little over one cup) of the batter, pour into a large non-metallic bowl add the following ingredients and mix well with a non-metallic spoon.

1 cup oil

1/2 cup milk

3 eggs

1 tsp vanilla

In a separate bowl combine the following dry ingredients and mix well:

2 cups flour

1 cup sugar

1-1/2 tsp baking powder

2 tsp cinnamon

1/2 tsp baking soda

1 - (5.1 oz) box instant vanilla pudding

1/2 tsp salt

1 cup nuts (optional)

Add dry ingredients to wet ingredients. Mix and pour into two well greased and sugared bread pans (13" x 9" pans). Preheat the oven and **Bake at 325 degrees** for approximately **1 hour** or until a toothpick inserted into the middle of the loaf comes out clean.

Banana **KAIROS Prayer Bread:** Omit cinnamon and the vanilla pudding used in the basic recipe and add two bananas (mashed).

Chocolate **KAIROS Prayer Bread:** Omit cinnamon and vanilla pudding from the basic recipe and add

1 - (5.1 oz) box of instant chocolate pudding, 3 tsp. cocoa and 3/4 cup chocolate chips. Bake for 1-1/2 to 1-3/4 hours.

Apple Cinnamon **KAIROS Prayer Bread:** add **1 cup** of raisins and **one small** diced apple.

Pudding, Chocolate Chip and Nut Variations **KAIROS Prayer Bread:** You can use many different flavors of pudding. Another good one pistachio flavor. You may also use different flavors of chocolate chips and nuts.

Butterscotch **KAIROS Prayer Bread:** Add **1 box** of butterscotch instant pudding instead of vanilla and **1 cup** of butterscotch chips.