

23 North Center
 Barnes, Kansas
www.Our-DailyBread.com
 or www.barnesks.net

Give us this day
OUR DAILY BREAD

785-763-4269
 1-866-50 – BREAD
 e-mail: ourdailybread@barnesks.net
 Open Mon-Sat 9am-4pm
 Lunch served 11am-2:30pm



BAKE SHOPPE & BISTRO

*"I am that Bread of Life" ...John 6:48
 We bring you wonderful taste as well as the feeling of home,
 of times gone by, of good quality, of healthy food and warm hearts.*

We welcome our guests to take advantage of our Handicap Entrance and Beautiful Deck Area which is located at the rear of the building just off the I.O.O.F. Park

March 2011

"What does it profit a person if he gains the whole world.... but loses his own soul."

I watched a group of Sophomore boys follow him around like a ducks in a row. I had never met someone like Bob Lenz before. He was a rather big a burly guy with a Wisconsin drawl...not the sportsy looking jock type that usually is admired by young boys! We were at a youth gathering in Wichita, and he was the speaker for that weekend. Rather than present himself as having all the answers in a fashion that would cause us to admire his incredible strength and Christian values...he was real with us. It was refreshing, but most all it was something that was changing our lives and the lives of those kids.

His topic was "Creating an Unshakable Self-Image", but it was not at all like the present day self-imagine garbage that many of us had been exposed to. He pointed us to the gospel and challenged us to rediscover the Truth. He sent us on a journey to expose our preconceived ideas of valuing ourselves and others by external qualities. Physical appearance, popularity, power, pleasure, performance, prestige, and possessions, the system strips people of their dignity, is unfair, and controls us! "What does it profit a person if he gains the whole world (externals) but loses his own soul."

Jesus words challenges us to choose a new system. A system based on Love which accepts people because of what's on the inside, and encourages us to reach our full potential and be what we were meant to

be.... by putting our energy into those internal qualities, and not the external ones.

The internal qualities of Character, Courage, Compassion, Commitment, Consistency, Creativity, and Charity were mirrored in the man that led the gathering that weekend. The kids could sense in him the qualities that he possessed. They were not all sure why they were drawn to him.. or why this rather average looking guy could bring a hush over 1500 youth and adults. Myself... I believe that he had spent time with the One who understands all those things. Quiet time, at the feet of the Master. And then Bob pointed us to Him!

The lyrics from the song "Loose my soul" by toby mac says it so well...
*Father God, I am clay in your hands,
 Help me to stay that way
 through all life's demands,
 'Cause they chip and they nag
 and they pull at me,
 And every little thing I make up
 my mind to be ,
 Like I'm gonna be a daddy
 whose in the mix,
 And I'm gonna be a husband
 who stays legit ,
 And I pray that I'm an artist
 who rises above,
 The road that is wide
 and filled with self love ,
 Everything that I see draws me,
 Though it's only in You that I can truly see
 that its a feast for the eyes
 - a low blow to purpose.
 And I'm a little kid at a three ring circus.
blessings.....cindy+
 One of the Ladies of Our Daily Bread*

Our Daily Breads

We are pleased to be able to provide nutrition facts for our Breads. Their nutrition is only surpassed by their taste! MMMM...Delicious!



Whole Grain Health Bread

Nutrition Facts			
Serving Size 1 SLICE (52g)			
Servings Per Container 12			
Amount Per Serving			
Calories	110	Calories from Fat	35
% Daily Value*			
Total Fat	4g		6%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	250mg		10%
Total Carbohydrate	15g		5%
Dietary Fiber	3g		12%
Sugars	2g		
Protein 3g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Word of Mouth.....

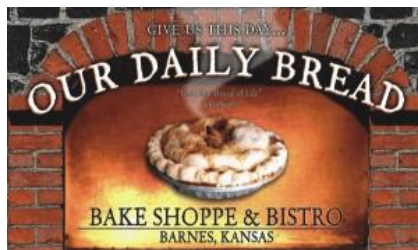
Our Story continues to Spread!!!!

Look for us on Facebook!

Our Daily Bread now has a Face Book Page.

Check us out...become a fan...leave us a note.. locate articles written about us Keep track of Special Events..

<http://www.facebook.com/#!/OurDailyBreadBakes?ref=ts>



Breads, Cinnamon Rolls, Pies, & More
Frozen Fresh - Thaw & Serve
In This Grocer's Freezer

“Would you like to see this sign in your hometown Store Window

You can currently buy our breads, cinnamon rolls, pies, & muffins at:

Schoen's Market in Washington
Jack's Foodmarket in Linn

And our newest addition.....

Family Home Treasures
Home, KS

Ask your local store to carry
“Our Daily Bread” frozen fresh products!



family ramblings

tips and destinations
from a traveling family
<http://familyrambling.com/>

New at Family Rambling: [Stepping Back in Time: the Hollenberg Pony Express Station and Barnes, Kansas](#)



<http://attractions.uptake.com/blog/north-central-kansas-roadtrip-12966.html>

My Birthday is Monday. This was my “Treat” from my niece. It was Wonderful!!!... Lunch was Great!
Connie Allgood, Omaha, Nebraska

Our Daily Bread is a Bake Shoppe, which also serves lunch. Our fresh baked goods, pies and entrees are served daily but are also available for your family. Because they are made fresh for you –order ahead so that we can work your order into our schedule.

“**The Garden Room**” is available for Groups wishing to arrange an evening event by contacting our Events Coordinator, Kate Olson either by calling the Bake Shoppe at

1-866-50-BREAD or by emailing her at kolson@bluevalley.net
To download our Event guide containing our pricing and capabilities for groups
Go to : <http://barnesks.net/Garden.html>

Give us an opportunity to provide a unique dining experience for your prearranged group

That Special touch..... is our Signature!

A Special Note:

For our guests who will be joining us from away from our local area we would love to recommend several unique lodging opportunities close to Barnes. [Gloria's Bed & Breakfast](#) is located in Barnes, and the [Victorian Charm Bed & Breakfast](#) and the [Historic Weaver Hotel](#) is located just 4 miles east in Waterville, Kansas. The links to these sites are also found on the Barnes Web Site and our web site under [Links](#).

PIES SHIPPED FREE....IN KANSAS!

To Celebrate Spring....We are including FREE Shipping on any of our Fruit Pies sent from our Bake Shoppe or Online Store during “March” to any address in Kansas!



You may place your order by calling Our Daily Bread at 866-50-BREAD. The cost of a shipped fruit pie is \$20.95 (the same cost as our On-Line Store) and shipping is FREE if shipped to a Kansas Address.

If ordering from our OnLine Store at www.our-dailybread.com Enter the word “**KANSAS**” IN INSTRUCTIONS AND THE SHIPPING WILL BE FREE ON YOUR FINAL CHARGE!