

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

January 2012

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in you.
Isaiah 26:3

The New Year has leaped into present tense before I am ready for it, and I am feeling a little overwhelmed with all of the things that I am trying to get done. Maybe you know that feeling. I sometimes ponder the circumstances, people, and possibilities surrounding me and wish I had the energy and time to do more. The problem with my overly ambitious mind is that I don't do multi tasking very well anymore. Even when I thought I did it well, I only really did ONE thing well at a time. Adena says that Multi taskers are just people that do lots of things....really crappy! How in the world, do I slow down this mind of mine...to be able to focus on the things that are important? How can I even have the wisdom to recognize what the important things are? There are so many demands that come at me from all directions....so many needs, so many well intentioned activities. Yes...a little peace would be nice. Have I forgotten where that peace comes from, or have I just forgotten to take time for it. Oh yes, that's right...maybe this unsettled feeling is Him calling me to focus on Him. His plans, His power, His mercy, and yes...His word! Yes, that perfect peace that He offers is only as far away as I have moved it with my constant business. My prayer for all of you for the New Year....is the peace that I have found...in the gently loving arms of the One that loves us all! Happy 2012!

....blessings.....cindy+.

One of the Ladies of Our Daily Bread

Join us for the Grand Opening of...

Sunflower Antiques and Mercantile of Barnes



January 14th will be another landmark for Barnes, with the opening of the Sunflower Antiques and Mercantile of Barnes. Pictured here is Faye Savage...one of the tireless workers. Faye is a common site to see in any business in Barnes. She says she had her first job at the telephone Office in Barnes in 1957 when she was 18 years old. Her and her husband Dean are two

of the characters that make Barnes such a unique and friendly place to visit!



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 Open Lunch Hours
 11:00 - 2:30

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OUR DAILY BREAD
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Special Events
 By Reservation Only
 Seating from 5:30 to 8:00

785-763-4269 Barnes, KS 1-866-50-BREAD



Breads, Cinnamon Rolls, Pies, & More
 Frozen Fresh - Thaw & Serve
 In This Grocer's Freezer
 Ask your local grocer to carry "Our Daily Bread – "Fresh Frozen" Products!

Grammy Pam's Old Fashioned Strawberry - Rhubarb Jam



Grammy Pam's Jams and Jellys are Yummy!...and now she is making her **Old Fashioned Strawberry Rhubarb Jam** here in the kitchen of Our Daily Bread! It is her newest flavor...sure to make you agree that...
She is just adorable!
 ...and her Jams are Yummy!!!



Have a Healthy...Whole Grain....New Year! with.....

"Our Daily Bread Whole Grain Health Bread"

Not all Bread is created equal...do you know what is in your Bread?
 Harvard researchers report that women who eat more whole grains had a lower risk of diabetes. Why? "When you eat whole grains, you get more fiber and more micronutrients like folic acid, magnesium, and vitamin E," says Walter Willett, who chairs the nutrition department at the Harvard School of Public Health. "It may be almost impossible to isolate the pieces of the puzzle." Whole-grain-eaters also have a lower risk of cancer or heart disease in some studies. If whole grains are so healthy, why not make them a part of your regular diet for a Healthy Whole Grain New Year! We are proud to provide nutritional information on all our bread, and it is nice to be able to pronounce all of the ingredients...and of course our frozen fresh bread have NO PRESERVATIVES! Enjoy!!!



Our Whole Grain Health Bread

is precisely as it is named...
 This Bread is made with Whole Wheat Flour, Flax seed, Sunflower seeds, cracked wheat, canola oil, honey, and molasses! We make all our wholesome homemade breads with NO PRESERVATIVES!

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](#).

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!*

