

Holy Communion Bread Recipe

Jesus said to them, I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

+John 6:35

Meditation

A suggested meditation before baking or during the preparation of the bread is to read through John, chapter 6.

Prayer

Christ our God, who blessed the five loaves and fed the five thousand, bless this bread and your servants, for you are holy, now and always and unto ages of ages. Amen (adapted from Eastern Orthodox Christian meal prayer)

Ingredients

Makes four 6 inch flat loaves, enough for one service. If you are baking for both services, please double the recipe.

1 ½ cup whole wheat flour

½ cup regular white or white bread flour

¾ teaspoon baking soda

¾ teaspoon salt

3 Tablespoons oleo or butter

¾ cup water

3 Tablespoon honey

Instructions

Combine first four ingredients well. Cut in oleo/butter. Combine water and honey, then stir into other ingredients. (You will have a very sticky dough.) Place on board, adding flour until you can knead it. Knead until smooth. Divide into four equal parts. Roll each into a 6 inch circle. Score a cross in each. Brush lightly with olive or canola oil. Bake at 350 degrees on a lightly greased cookie sheet for 10 minutes. Note: Do not over bake; it dries out quickly. It is better to have thinner bread that it is bit under baked.

Bringing the Bread to Worship

It is most helpful for the altar guild if you place the loaves in a large Ziploc bag and deliver them to the church building on Saturday by noon. If you would like to participate in bringing the gifts forward during the offering, please communicate with one of the elders or deacons before worship so that you (and your family) may bring the bread and flagon of wine forward. While this is certainly not necessary, it is encouraged as a meaningful way to bring forth the gifts and works of our hands in the midst of our worship of the Lord.

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