

The Making of the Bread

First, we are so thankful for all Bethany bread bakers. Bread baking for communion is a blessing for many reasons including that it is made by us to be given to all who come to the communion table.

In the Lutheran church, we believe the Body and Blood of Christ are “truly and substantially present in, with, and under” the consecrated bread and wine. Therefore, baking bread for communion is done with reverence, joy, and as a reflection of who we are as beloved children of God. If you have a partner and/or children and want to share the experience of communion bread making, it can be a blessed shared experience. On the other hand, if you are a single person or carry out this task on your own, it is as much of a blessed spiritual and prayerful experience.

There are certain things that may help to create the special place for making the bread for communion. You may want to use music during the process or other things that create a special place for you. You will want to say a prayer before beginning the bread making process. It can be any prayer that works for you. It can be a prayer by your children or partner. An example of a simple reverent prayer is below.

Dear Lord, please guide and bless my/our hands and heart(s) as I/we prepare the communion bread to be your body broken for us. Guide me/us as I/we do the work of baking the bread to remember the gift of your love. Amen

Another time for a prayer is as you make the cross on the top of the bread before its final rise. The cross can be made by cutting the top of the bread with a knife. Again, use a prayer that is meaningful to you or the prayer below:

Loving God, bless this bread that becomes Christ’s body given for us during communion. May all of us know we are yours and experience your welcome in the bread that is broken and the cup outpoured. Amen

Recipe For Communion Bread

The following recipe makes flat loaves of bread which will not crumble.

DRY INGREDIENTS:

2½ c. whole wheat flour
1 c. regular white flour
2 tsp. salt
2 tsp. sugar
1½ tsp. baking powder

LIQUID INGREDIENTS:

1½ c. milk (2% is ok)
3 T. honey
2 T. butter or margarine, melted

Mix flour together and stir in salt, sugar and baking powder. Mix honey and milk completely; add melted butter and mix well. (Works best when liquids are lukewarm.) Add liquid mixture to the flour and knead a few minutes (to cookie dough consistency). Cut into 6 portions and roll out to 6-inch diameter loaves, 3/8-inch thick. Place bread on greased baking sheets. Sprinkle lightly with flour and coat thinly with oil. Bake at 350 degrees for 15-20minutes.

*After baking, cut a cross in the top of each loaf.