

**Calvary Lutheran Church
3901 Chicago Avenue
Minneapolis, MN 55407**

“Communion”
“The Lord’s Supper”
“The Eucharist” or “Great Thanksgiving”
“The Breaking of the Bread”

The Making of the Bread

First, we are so thankful for all Calvary 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 forms” of 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. It can also be made by piercing the top of the bread with a knife or fork to make the image of the cross. 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

Recipes for Communion Bread

Attached are a few examples of bread recipes. You can use these recipes or a recipe of your own.

Communion Rounds – recipe from Luther Seminary

- 1) Sift dry ingredients three times:
 - 2 c. whole-wheat flour

- 1 c. white flour
- 1 ¼ tsp. baking powder
- 1 ¼ tsp. salt
- 2) Cut in oil:
 - 1 Tbsp. plus 1 tsp. oil
- 3) Mix water and sweetener. Add and mix well.
 - ¾ c. plus 2 Tbsp. very hot water
 - 3 Tbsp. honey
 - 3 Tbsp. molasses
- 4) Dough will be a bit sticky
- 5) Divide and roll ¼ in. thick circle
- 6) Mark with cross, using knife
- 7) Bake at 350 degrees for 10 min.
- 8) Remove and brush lightly with oil
- 9) Bake an additional 5-8 min at 350 degrees.
- 10) Cool.

This recipe makes two large, flat rounds, enough for 80 people. I double the recipe when I make it for Calvary so there is some left over to be eaten during coffee hour!
Laura Huff

Rosemary and Olive Oil Bread

- 1) Stir one pkg. (2½ tsp.) of dry yeast into 1½ cups of warm water in large bowl. Let sit for 5 minutes.
- 2) Add 4 Tbsp. olive oil to yeast mixture.
- 3) In separate bowl, mix 1½ tsp. Salt and 2 Tbsp. Rosemary into 4 cups of unbleached flour.
- 4) Mix yeast mixture and flour mixture together
- 5) Turn dough out onto a floured board. Let it rest for 10 minutes and then knead. If the dough is too sticky, add a little flour. Knead for at least 10 minutes. Cover and let rise in lightly oiled bowl until double in size.
- 6) Punch down and knead lightly for a couple of minutes or so and then turn out on floured board. Form into a round bread form and put onto a greased cookie sheet.
- 7) Cut cross design on top of the round bread form. Let rise in a warm place for 30-40 minutes.
- 8) Bake in pre-heated oven at 350 degrees for approximately 30 minutes until golden brown and the crust sounds hollow.
- 9) Brush cross with egg white or rub with a small amount of melted butter or olive oil. Let stand on cooling rack for 15 minutes, then wrap tightly in foil. (Wrapping in foil will keep the bread crust soft.)

Note: This bread can also be made in part in a bread maker machine. If using a bread machine, add the ingredients in this order: water, olive oil, salt, bread flour, dried rosemary, yeast. Once the bread is fully mixed and has gone through the first kneading and first rise, remove it from the bread machine. On lightly floured surface, knead and form into a round bread form and place on greased cookie sheet. Follow the remaining instructions (#7-9) above.

The recipe makes one round, enough for 80 people. Enjoy! Nancy Lee