

A Word About Communion

You will be invited to participate in communion from your homes during our Maundy Thursday and Easter Sunday worship services. These are strange times, and we find ourselves having to adjust the ways we normally do things in order to keep one another safe. During the last supper, Jesus took common food and drink from daily life and showed us that they can be instruments of God's grace and tools to help us remember Jesus. So you can use anything you have at home to eat and drink to participate in communion - a cracker and some juice, a potato chip and some water, a slice of apple and a sip of tea – trusting that they can become for you the presence of Christ as we pray and celebrate the sacrament together in this new way. If you want to bake a loaf of bread for communion, we are including a recipe here as a way to feel we are eating from a common loaf.

Communion Bread (Adapted from Alice Downs' *Leaven for Our Lives*)

1 1/2 cups whole wheat flour *(or a blend of 1/2 whole wheat and 1/2 white)*
2 teaspoons baking powder
1/4 cup honey
1/4 cup cold water
1/4 milk
2 tablespoons vegetable oil or olive oil
1/8 teaspoon salt

Preheat the oven to 400 degrees Fahrenheit. Mix the flour and the baking powder together in a large bowl. Add all the remaining ingredients and stir (with a wooden spoon if you have one). When the ingredients begin to pull together, use your hands. Knead the dough inside the bowl by folding it on itself and flattening it. Keep doing this until the ingredients are well incorporated. Pull off a piece of dough about the size of a golf ball and roll it into a ball. Then press or roll each ball of dough into a circular shape no more than one-quarter-inch thick.

Place the flat rounds of dough two inches apart onto a baking sheet covered with parchment paper. Using a sharp knife, cut a cross on the top of each round. Bake for eight minutes. Cool completely. Enjoy! Bread can be wrapped in foil and stored in a plastic bag in the freezer.