

On Holy Thursday we remember Jesus' last meal. In this season, since we are not able to receive Holy Communion, we invite you to instead prepare some bread at home. Below is a recipe for unleavened bread, but options for bread are nearly endless: Have a favorite recipe? Use that! Have a sourdough starter? Make sourdough! Missing yeast? Make muffins or scones! Don't want to go shopping? Use whatever ingredients you have! It doesn't have to be perfect, the point of this exercise is to be in the kitchen, to put your hands to work, and to allow your preparation process to be a prayer. So get baking!

BLESSING - A Prayer to Bless the Bread Before putting your bread or baked good into the oven, say this prayer:

Holy God,  
Your last meal was an ordinary meal—  
Simple bread and wine, nothing fancy;  
And yet, it was holy.  
All were welcomed at your table—  
Even the one who would betray you.

So today we prepare our own bread as a form of prayer.  
And in our kneading and mixing,  
In our measuring and waiting,  
In our recipe-card-reading and taste-testing,  
We remember you.

As these ingredients mix,  
May our hearts mix with yours.  
And as this bread bakes,  
May our awareness of you rise.  
And as this bread is shared,  
May your love be shared.  
With hope and gratitude we pray,  
Amen.

#### Recipe for Unleavened Bread

4 1/2 cups flour  
1/4 tsp salt  
2 cups warm water  
1 1/2 Tbsp oil  
1 1/2 Tbsp shortening

1. Mix all ingredients together. Knead. Dough will be slightly sticky. Cover dough and let rest 1 1/2 hours.
2. Divide dough into pieces the size of a large walnut. Allow to rest again for 1/2 hour.
3. Pat dough between hands until flat. Place on ungreased cookie sheet or baking stone. Prick dough with a fork.
4. Bake 10-12 minutes on lower rack at 435°