

Bread Making

Parent say: *To prepare and participate in Mass at home, we are going to make unleavened bread. Bread is meant to be shared. Jesus calls each of us to be bread for others. Our Lord Jesus is the Bread of Life for all of us.*

Share the story with kids:

Parent read story: *The Jewish Tradition of Passover reminded the Jewish people how God helped them “pass over” from being slaves in Egypt into being free now in The Promised Land.*

Because the Jewish people were in such a hurry to leave when they escaped Egypt, they did not have time to make “regular” bread.

Regular bread that we eat has yeast to help it rise. They did not have time to wait for the bread to rise, so they made “unleavened” bread without yeast. After it is baked it looks flat.

Many thousands of years later, Jesus and his friends celebrated Passover at the Last Supper. This is when Jesus took the bread and the wine and turned it into His Body and Blood.

We do this today during the Eucharist at Mass during the consecration. We break the bread into pieces and receive Holy Communion.

Jesus Day Bread –*Let the kids help by measuring or pouring ingredients into bowl. Let them use their hands to mix ingredients. *** (See next page- may read as kids add ingredients) ****

Ingredients:

$\frac{1}{4}$ cup brown sugar
1 $\frac{1}{2}$ Tbsp. butter or margarine at room temperature
2 cups wheat flour
 $\frac{3}{4}$ cup white flour
1 Tbsp. baking powder
1 cup warm water
Pinch of salt
cooking spray

Heat oven to 350 degrees.

Mix together sugar, butter, flours, salt and baking powder. Add enough warm water to make a ball of dough (not too sticky). Knead a few times and divide the dough into portions. Mold each ball of dough into one round (or can be any Christian shape - cross, bible, hands, heart, chalice, host, etc.) flat loaf, $\frac{1}{4}$ inch thick.

Bake 20 minutes on greased cookie sheet. Cool on rack.

*****Life Giving Bread*****

We are going to take a look at the Ingredients needed for Life Giving Bread. As we discuss the symbolism and action of each ingredient it may help us to understand why Jesus chose something as simple as bread to share His life with us.

****Read as child adds ingredient:**

Leader: WHEAT/ FLOUR - A grain of wheat is only a seed, a grain of wheat. But with soil, water and sunlight it will grow. Just like a grain of wheat we need others in our life to grow.

Jesus' life was crushed so we can go to heaven. A grain of wheat must be crushed to make flour. Sometimes we are able to do hard things because we love others.

Leader: SALT adds flavor and helps the yeast do its work. Jesus calls each of us to be salt for the earth.

Leader: WATER is a sign of life and cleansing. Through Baptism we received the water of ever-lasting life.

*Pass the **water**.*

Leader: OIL/BUTTER helps to make the bread more tender. At baptism, anointing, and confirmation, we receive the healing power of holy oil.

Leader: Bread takes time to mix it together and make it. Just as the Word of God, the water, the butter, all need to be worked through our lives. Then bread needs warmth and rest to be able to rise (when we use yeast, not today as this is unleavened). Just as **we need time for quiet and prayer**. It takes time to love, have faith and grow.