**Cross to Table:**

**Intergenerational Faith Formation Program**

**Concept or Focus:** Bread and Eucharist

**Setting:** This lesson is to take place on Thursday, April 25th at 6:00pm. in the

New Residence Hall Community Kitchen, which is large enough for 10-15 adult seminary students. The kitchen is equipped with a refrigerator, oven, stove top, sink, 24 sq. ft. of counter space provided by an island, four 4 ft. by 4 ft. tables with 15 chairs. There is hand soap available and the countertops have been cleaned prior to the lesson. The tables are arranged as one long table with one chair on every side of each individual table, except on the side where the tables are pushed together. Remaining chairs are placed on each corner of the large table created. This lesson is designed to be around one hour, though the expectation is that the lesson will most likely last between an hour and fifteen minutes to an hour and twenty minutes.

*If an alternate location is used, two distinct areas are necessary for this class. The first is a kitchen, with an oven and a stovetop. The second area would be a preparation and discussion. If the kitchen has ample counter space, or an island, this can be used as the preparation area. If the kitchen does not have enough counter space, another room with tables and chairs (the number depending on the number of participants) should be used. Wax paper should be used to cover tables to make them suitable for preparing food.*

**Goal:** To add depth to the participants knowledge of the foundational practice of Eucharist by connecting some theological and spiritual understandings with the reality of making one of the elements, Bread, used in the practice.

**Objectives:**

1. Participants will bake a gluten-free loaf of bread.
2. Participants will discuss varying accounts of the Lord's Supper in the Gospels.
3. Participants will discuss the role of bread in the context of Near Eastern cultures as well as scriptural relevance.

**Materials:**

Fine sifter, two large mixing bowls, two smaller mixing bowls, Bibles, four bread pans (9X5in.), a set of measuring spoons (tablespoon, teaspoon, etc.), wax paper, plastic gloves (or access to a sink and hand soap), recipe (gluten-free; one such recipe has been provided in the index. If a different recipe is used, please adjust times for varying preparation and baking times as indicated by the recipe.), ingredient containers or paper bowls, oven mitts, toothpicks.

**Ingredients for Recipes:** Refer to the recipe being used for what ingredients will be required. The following are the ingredients required by the recipe provided in the Appendix of this lesson plan:

White flour**,** Rice flour, sorghum flour, potato starch, Baking Powder**,** Salt**,** Water, Yeast, White sugar, cornstarch, vegetable oil, eggs, xanthan gum

*Please refer to the recipe in the appendix for the specific quantity of each ingredient that will be required.*

**Set up:** In a kitchen, all appliances and prep space will be permanently fixed in place so you will just need to clear and wipe down prep surfaces. In the additional space, if needed, arrange chairs around the table and place wax paper on the table to serve as additional prep space. Measure out all ingredients and set in individual containers/bowls. Be observant of cross contamination from gluten. Keep all containers separate and designate clear preparation areas for gluten free bread and the other breads.

**Prepare dough for at least one loaf before hand so that the yeast can make the dough rise while the class is making their own dough. The recipe provided in the Appendix requires the dough to rise for 1 hour prior to baking, so this should be done an hour prior to the scheduled beginning of the lesson. If you do not do this, you will have to wait for dough to rise prior to baking which may not be possible given time constraints. Also, if your recipe requires active yeast rather than instant yeast, the yeast will have to be activated prior to making the dough. In the recipe provided in the Appendix, activating the yeast takes 10 minutes so this should be done first in the dough making process.**

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| **Time** | **Message/ Activity** | **Materials Needed** |
| 2 min. | **Opening: Prayer**Say something like "Almighty God, our Help and Refuge, Creator of gain and water, the one who provides the growth, who knows that we can do nothing without Your guidance and help, Assist us, we pray. Direct us with Your divine wisdom and power, that we may prepare this bread, faithfully and diligently, according to Your will, so that it may be a blessing to ourselves, to our community, and to all Your faithful. Bless our hands, Lord, that as we give ourselves to the making of this bread we may honor You so that this bread may be holy. Accept our gift and make all Your people worthy to receive the Holy Gifts at Your table of Grace. For Yours is the Kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever. Amen." 1Mention the adaptation source, which is Greek Orthodox. It is important to note there are differences in how individual denominations and traditions view the Eucharist so this prayer should be ecumenical in its language.  |  |
| 3 min. | **Wash Hands***Make sure every participant washes his or her hands with soap and water. For those who do not wish to touch the ingredients directly, plastic gloves may be provided.*Feel free to mention, as hands are washed, the importance of cleansing oneself in Near Eastern holy practices prior to preparing sacrifices and gifts for the temple or Church. Holiness often goes hand in hand with purity standards. Also, as a spiritual practice, this first step can be reminiscent of baptism and renewal. | Hand Soap, Sink/Water |
| 15 min. | **Making the Dough**Follow the recipes provided to create dough. Be sure to preheat oven to correct temperature and grease baking pans. Ingredients should be measured out so that participants are just pouring into mixing bowls. If you have more time, allow the participants to measure out the ingredients themselves. Refer to the recipe for the ingredient amounts. It is optimal to have no more than three persons per mixing bowl. Discuss the meditative qualities of kneading dough.Once dough has been made, set to the side to proof. Take the dough you have already proofed and put into oven to bake. | dough ingredients, mixing bowls, bread pans, recipes |
| 30 min. | **Discussing Communion and the Importance of Bread**The following are questions to guide your discussion. Begin by asking Why do we use bread as a part of Communion? Of all the food in the world at that time, why do we think Jesus chose bread at the last supper?Invite someone to read aloud the three accounts of the Last Supper in the Gospels. *If necessary, a large print copy of the scriptures is provided in the Appendix.***Mark 14:12-26****Luke 22:7-23****Matthew 26:17-30**Discuss the following questions:What is similar in these accounts? What does the bread represent?Other than the story of the last supper, where in the Bible is bread at the forefront? *(Unleavened Bread in the Exodus narrative, Manna in the Exodus narrative, the feeding of the five thousand in Luke, the Lord's prayer in Matthew, "Bread of Life" texts, etc.)*What is the characteristic of bread in those stories in scripture?*(If discussion is slow, feel free to suggest the following characteristics: Bread is sustaining, Bread is common, Bread is accessible to all people, etc.)* End the discussion with the brief discussion the following question: Why is it important that we all be able to eat from the same bread during Communion? |  Bible(s) |
| 5 min. | **Check the Bread**Check the bread in the oven. If you poke it with a knife or toothpick, it should come out clean. Pull the bread from the oven once it has baked. Share with anyone who wants to taste test. | Oven mitts |
| 5 min. | **Closing Prayer**Ask the group if there are any prayer concerns they would like to lift up as you close out the program with prayer. The prayer should be organic. Try to include some of the parts of your discussion you felt resonated with the group. Finish with the Lord's prayer. |  |

1 This prayer was adapted from a prayer provided to the bakers of alter bread at St. Nicholas Greek Orthodox Church in Grand Junction , Colorado. http://www.saintnicholasgj.org/worship\_schedule/prosfora/resources/Baking%20with%20a%20Prayer.pdf

**Appendix**

**Recipe for Gluten Free White Bread**

**Ingredients**

* 1 tablespoon active dry yeast
* 3 tablespoons white sugar
* 1 1/4 cups warm water
* 1 1/3 cups rice flour
* 2/3 cup sorghum flour
* 1/2 cup potato starch
* 1/2 cup cornstarch
* 1/3 cup vegetable oil
* 3 eggs
* 1 tablespoon xanthan gum
* 1 1/2 teaspoons salt

**Directions**

1. Grease a 9x5-inch loaf pan.
2. Dissolve yeast and sugar in warm water in a bowl. Let stand until the yeast softens and begins to form a creamy foam, about 5 to 10 minutes.
3. Combine yeast mixture, rice flour, sorghum flour, potato starch, cornstarch, vegetable oil, eggs, xanthan gum, and salt together in the bowl of a stand mixer; mix on medium speed until incorporated, about 2 minutes. Spoon dough into the prepared loaf pan. Smooth the top of dough with the back of a wet spoon.
4. Place dough in a warm place until it has risen just over the top of the loaf pan, about 1 hour.
5. Preheat oven to 375 degrees F (190 degrees C).
6. Bake in the preheated oven until loaf is medium golden brown, about 25 minutes.

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**Mark 14:12-26**

And on the first day of unleavened bread, when the Passover lamb is put to death, his disciples said to him, Where are we to go and make ready for you to take the Passover meal? **13** And he sent two of his disciples, and said to them, Go into the town, and there will come to you a man with a vessel of water: go after him; **14** And wherever he goes in, say to the owner of the house, The Master says, Where is my guest-room, where I may take the Passover with my disciples? **15** And he will take you up himself to a great room with a table and seats: there make ready for us. **16** And the disciples went out and came into the town, and saw that it was as he had said: and they made ready the Passover. **17** And when it was evening he came with the twelve. **18** And while they were seated taking food, Jesus said, Truly I say to you, One of you will be false to me, one who is taking food with me. **19** They were sad, and said to him one by one, Is it I? **20** And he said to them, It is one of the twelve, one who is putting his bread with me into the same plate. **21** The Son of man goes, even as the Writings say of him: but cursed is that man through whom the Son of man is given up! It would have been well for that man if he had never been given birth. **22** And while they were taking food, he took bread, and after blessing it, he gave the broken bread to them, and said, Take it: this is my body. **23** And he took a cup, and when he had given praise, he gave it to them: and they all had a drink from it. **24** And he said to them, This is my blood of the testament, which is given for men. **25** Truly I say to you, I will take no more of the fruit of the vine till the day when I take it new in the kingdom of God. **26** And after a song of praise to God they went out to the Mountain of Olives.

**Luke 22:7-23**

And the day of unleavened bread came, when the Passover lamb is put to death. **8** And Jesus sent Peter and John, saying, Go and make the Passover ready for us, so that we may take it. **9** And they said to him, Where are we to get it ready? **10** And he said to them, When you go into the town you will see a man coming to you with a vessel of water; go after him into the house into which he goes. **11** And say to the master of the house, The Master says, Where is the guest-room, where I may take the Passover with my disciples? **12** And he will take you up to a great room with a table and seats: there make ready. **13** And they went, and it was as he had said: and they made the Passover ready. **14** And when the time had come, he took his seat, and the Apostles with him. **15** And he said, I have had a great desire to keep this Passover with you before I come to my death; **16** For I say to you, I will not take it till it is made complete in the kingdom of God. **17** And he took a cup and, having given praise, he said, Make division of this among yourselves; **18** For I say to you, I will not take of the fruit of the vine till the kingdom of God has come. **19** And he took bread and, having given praise, he gave it to them when it had been broken, saying, This is my body, which is given for you: do this in memory of me. **20** And in the same way, after the meal, he took the cup, saying, This cup is the new testament, made with my blood which is given for you. **21** But the hand of him who is false to me is with me at the table. **22** For it will be done to the Son of man after the purpose of God, but unhappy is that man by whom he is given up. **23** And they were wondering among themselves which of them it was who would do this thing.

**Matt. 26:17**

Now on the first day of unleavened bread the disciples came to Jesus, saying, Where are we to make ready for you to take the Passover meal? **18** And he said to them, Go into the town to such a man, and say to him, The Master says, My time is near: I will keep the Passover at your house with my disciples. **19** And the disciples did as Jesus had said to them; and they made ready the Passover. **20** Now when evening was come, he was seated at table with the twelve disciples; **21** And while they were taking food, he said, Truly I say to you that one of you will be false to me. **22** And they were very sad, and said to him, one by one, Is it I, Lord? **23** And he made answer and said, He who puts his hand into the plate with me, the same will be false to me. **24** The Son of man goes, even as the Writings say of him: but a curse is on that man through whom the Son of man is given up; it would have been well for that man if he had never come into the world. **25** And Judas, who was false to him, made answer and said, Is it I, Master? He says to him, Yes. **26** And when they were taking food, Jesus took bread and, after blessing it, he gave the broken bread to the disciples and said, Take it; this is my body. **27** And he took a cup and, having given praise, he gave it to them, saying, **28** Take of it, all of you, for this is my blood of the testament, which is given for men for the forgiveness of sins. **29** But I say to you that from now I will not take of this fruit of the vine, till that day when I take it new with you in my Father’s kingdom. **30** And after a song of praise to God, they went out to the Mountain of Olives.