

## PREPARING FOR COMMUNION- THE PHYSICAL BREAD & THE SPIRITUAL BREAD

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The story is told of a deaconess who, having been asked to make communion bread for the following Sabbath, felt the privilege and sacredness that went with this task. On Friday morning she cleaned her house thoroughly. Then she bathed, put on fresh, clean clothing, read appropriate chapters from The Desire of Ages, and had prayer and meditation. Finally, putting on a clean apron, with loving hands she made the bread, a song of praise on her lips.

In preparing her heart for Communion, the deaconess will find help in The Desire of Ages. "In Remembrance of Me," chapter 72, is excellent. Here the scenes of that first communion service are brought into focus. Any chapters following will bring her closer to the Lord. She can be with Him agonizing in Gethsemane, witnessing His cruel betrayal. She can behold that unjust trial, share in the tragic, dark hour when the Son of God faints beneath the weight of a cruel cross and later dies, bearing the sins of a guilty world on His guiltless head. She can shout with joy because of the empty tomb, then rejoice in Christ's words, "I am the resurrection, and the life."

One deaconess will have the responsibility of making the bread. Only the finest ingredients should be used. Scriptures tell us that the bread used in the feast of the Passover and that used in the Lord's Supper was unleavened. The grain was ground entire, white breads now in common use being but a modern invention. Christ is the great Life-giver, but white bread, depended upon exclusively for food, cannot sustain life. Exodus 29:40 and Leviticus 2:1 give special directions as to the ingredients that are used in making of bread for sacramental purposes "fine flour," "mingled with . . . beaten oil." A good recipe for making communion bread is given below:

1 cup fine-ground flour (preferably whole grain)

1/4 teaspoon salt

2 tablespoons cold water

1/4 cup olive or other vegetable oil

Sift the flour and salt together. Pour the water into the oil, but do not stir. Add to the dry ingredients and mix with a fork until all the flour is dampened. Roll out between two sheets of waxed paper to the thickness of thick pie pastry. Place on an ungreased, floured baking sheet, and mark off with a sharp knife into bite-sized squares, being careful to prick each square to prevent blistering. Bake at 450 for 10 to 15 minutes. Watch carefully during the last five minutes so that the bread will not burn. This recipe will be sufficient to serve about fifty persons. --Manual for Ministers (1964 ed.), p. 95.

Wine used for communion services must be the best quality grape juice. The juice of raisins may be used if it is impossible to obtain grape juice.