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# Holy Week | *together @ home*

A COLLABORATIVE PROJECT BROUGHT TO YOU BY

Oak Grove  
United Methodist Church

\* King of Kings  
Lutheran Church

\* Milwaukie  
Lutheran Church

\* STORYLINE  
COMMUNITY

\* Franciscan  
Spiritual Center



## Celebrate a Holy Meal from home.

It is the custom of most Christians that Communion is a gathered and embodied experience that is led by a clergy person. And yet, in times like these, when we cannot safely gather, we still need to be re-membered in the Body of Christ.

So we're offering two ways of sharing a Holy Meal during Holy Week:

1. Communion in live, digital, gatherings, trusting in God to be with us in all times and all places.
2. A Love Feast - a Methodist ritual that may be shared among any small group, that brings us back to the early days of Christianity, before clergy and buildings, when followers of The Way of Jesus met in homes, shared food together and discussed faith and life over food.

Communion: Gather supplies (bread and juice) at home.

Join Oak Grove United Methodist - Oregon on Facebook live on Palm Sunday, April 8, 10:30am

<https://www.facebook.com/OakGroveUnitedMethodist/?ref=bookmarks>

Love Feast: (an alternative to communion)

1. Cook some comfort food and plan to sit at the table together to eat without the distraction of media. Including some bread and juice/wine in your meal is a good idea, but not required.
2. When everyone is gathered at the table say: **Jesus shared many meals as a part of his ministry, not just the Last Supper. Jesus visited many homes and invited all the unpopular people. Jesus invited the poor, the sick, the outcasts, and the strangers. Jesus taught us that whenever we invite "the least of these," we are inviting God.**
3. Take a moment to remember those who are in need. Go around the table and invite each person to name a person or group in need. After each name respond: **Hear our Prayer**
4. Invite each person at the table to pick up an item of food - perhaps a plate or cup, bread or salad and lift it as one person says: **Bless this food to feed our bodies. Bless this time to feed our spirits. Bless this drink and remind us to pour out your love. Amen.**
5. Have one person read a passage of scripture - perhaps part of the Easter story in Matthew and discuss what you find interesting or questionable about the story while you enjoy your meal.
6. At the end of the meal, share a loaf of bread like Jesus did. Passing the loaf around and each tearing off a piece. Close with these words: **As grains of wheat were scattered on the earth then gathered into one loaf, so may all your people be gathered together as One in Christ. Amen.**

## Bread Recipes

Methodists use “real” bread and “fake” wine (grape juice). Lutheran’s typically use unleavened “fake” bread and real wine. Please use whatever feels most appropriate for your household. Below is a recipe for artisan bread, unleavened communion bread, and gluten-free bread.

### Artisan Bread in 5 Minutes a day Recipe

For full directions visit:

<https://www.motherearthnews.com/real-food/five-minutes-a-day-for-fresh-baked-bread-zmaz08djzgoe>

2 cups warm (not hot! @ 100F) water

1 Tablespoon Yeast

1 Tablespoon salt

4 ½ cups white flour (you can use 2 cups each whole wheat and white, or use 4 cups whole wheat and add ¼ cup vital wheat gluten)

1. Add yeast and salt to the water in a 5-quart bowl. Don’t worry about getting it all to dissolve.
3. Add flour and mix with clean, wet hands. Don’t knead! This step is done in a matter of minutes and yields a wet dough loose enough to conform to the container.
4. Cover loosely. A damp cloth towel is perfect. Allow the mixture to rise at room temperature, approximately 2-3 hours, depending on temperature. Longer rising times, up to about 5 hours, will not harm the result.
5. Twenty minutes before baking, preheat oven to 450 degrees. Place an empty broiler tray for holding water on another shelf.
6. Flour your hands well. Gently form desired amount of dough into a roundish or elongated blob and place on a pan.
6. Let it rest uncovered for about 10 minutes. Let it rest for 40 if it has been refrigerated.
8. Dust the top of the loaf liberally with flour, slash a 1/4-inch-deep cross, into the top. (This helps the bread expand during baking.)
9. Place the bread in the oven. Quickly but carefully pour about a cup of hot water into the broiler tray and close the oven door to trap the steam. Bake about 30 minutes
10. Refrigerate the remaining dough in your lidded/covered (not airtight) container and use it over the next two weeks.

## **Unleavened Communion Bread**

For full directions visit: <https://www.food.com/recipe/unleavened-communion-bread-437607>

1 1/2 cups flour (I use all purpose, unbleached)

1/2 cup whole wheat flour

1/4 teaspoon salt

1/3 cup sugar

1/2 cup butter (one stick)

3 tablespoons milk

1. Sift dry ingredients into a bowl.

2. Cut in butter with a pastry blender or 2 knives.

3. Add enough milk to pull dough together.

4. Turn dough onto very lightly floured surface and kneed gently for 5 minutes or so.

5. Divide dough into three equal portions.

6. Use 3 small pieces of parchment paper, drawing circles in pencil, and placing the penciled side down so that the pencil marks do not show on the finished breads.

7. Place each portion onto the parchment paper.

8. Flatten and shape each loaf into size wanted, and score.

9. Bake at 400° to 15-20 minutes until slightly brown at the edges.

## **Gluten free bread**

For full directions visit:

<https://gluten.lovetoknow.com/gluten-free-recipes/recipe-gluten-free-communion-bread>

5 cups gluten-free bread flour (if your bread flour does not contain xanthan gum, add 1 teaspoon to the recipe)

2 cups hot water

2 tablespoons olive oil

3 tablespoon honey

1 tablespoon salt

1. Place the water, olive oil, honey and salt into a stand mixer with a dough hook.

2. Mix until the ingredients are well combined.

3. Keep the dough hook turning and add in the bread flour a little at a time. Keep adding the flour until the dough pulls cleanly away from the sides of the mixer.

4. Continue mixing the dough for 5 to 7 minutes.

5. Divide the dough into seven small balls.

6. Place each ball on a sheet of parchment paper and roll out until 1/4-inch thick.

7. Take the tines of a fork and pierce the top of each loaf. You may pierce in the shape of a cross, or make random piercings. The piercing is important as this will help prevent the dough from rising.

8. Bake the loaves at 400 degrees for 15 to 20 minutes.

9. Let cool completely. The loaves can be wrapped and frozen if desired.