

MARCH 'BREAD' HOME ACTIVITY

The goal through this activity is to reflect upon the bread as a symbol. The bread at Mass becomes the Body of Christ. We take and eat that bread at communion so that we can be the Body of Christ in the world. We hope you will use this bread that you bake through this activity to reflect on the presence of Jesus in one another. Using the suggested sample recipe below or one of your own, you can bake bread, bring it to church on Saturday, March 22 at 12:00 noon to be blessed during the blessing of the food baskets and then broken and shared at the Easter meal with your family and friends. This is a remembrance of Christ's presence to us and how we are called to be Christ's presence to one another.

1. Reflection: Sharing food is a sign of friendship. It is a way of showing that we care about one another. When we break bread, we remember the story of Jesus at the Last Supper. We also remember that Jesus died for us...in a sense was broken. By breaking bread during the Eucharistic Prayer God calls us to remember the people in our lives and asks us to think about ways we can be Christ to one another. From earliest times, bread has been baked, blessed and fed to others as a staple of earth. We as Catholics have used bread as a sign and fact of God's presence with us.

2. Read: John 6:31-35

'Our ancestors ate manna in the desert, as it is written: 'He gave them bread from heaven to eat.' So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

Reflection / Discussion: Jesus is the Bread of Life. What does he mean 'whoever comes to me will never hunger, and whoever believes in me will never thirst'?

3. Using the suggested sample recipe below or one of your own favorites make the bread.

4. Afterwards, while the bread is baking, quietly pray: Jesus is the Bread of Life. Let us remember each time we eat the Bread of Life we are called to be bread for one another. Help us to be Christ for one another by our understanding love, peace and joy. Amen.

SODA BREAD RECIPE

*1 cup Flour
1/2 tsp. baking soda
1/4 tsp. salt
1 1/2 tsp. sugar
3 tbsp. shortening
1/2—3/8 cup buttermilk*



*Place all dry ingredients in a bowl;
add buttermilk and shortening;
mix & knead.*

Afterwards, pat into a small loaf.

Place dough on cookie sheet.

Bake at 375 for 20 minutes.

Remember, You may bring your freshly baked bread to church for the Blessing of the Food on Saturday, March 22 at 12:00 noon.