**MAKING BREAD TO REMEMBER JESUS**

**Bread is food for everyday life, it gives us nourishment and makes our bodies strong. Jesus used this normal everyday food as His way of sharing Himself with us today. We call this sharing of bread Eucharist. On April 28th, you will receive Jesus for the first time through the bread that will become His body and the wine which will become His blood.**

**Here’s the recipe, each ingredient represents a part of our lives. As they add the ingredients together read through that part and take time to talk about as a group.**

**1/3 c. warm tap water**—At our Baptism the priest or deacon poured water on our heads to free us from original sin. We were innocent simple babies just as water by itself is pure and simple, yet it is needed for survival.

**1 ½ tsp butter**—Butter is an oil. People use oil for strength, body builders put oil on their bodies to help tone their muscles. We use oil in the Sacraments of Baptism, Confirmation and Holy Orders to strengthen ourselves. The butter in our bread will strengthen and hold the ingredients together.

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During our life we all encounter good and bad things.

**1 ½ tsp brown sugar**—Brown sugar represents all the sweet times in our lives.

**¼ tsp salt**—Salt represents the bitter times in our lives.

**¼ tsp baking soda**—Just as Jesus rose from the dead to save us, this baking soda will help the bread to rise. We need Jesus in our life to help us rise above all the bad things in our lives.

Combine these ingredients together.

**½ c. whole wheat flour & ¼ c. white flour**—This is the main substance in this recipe and Jesus should be the main substance in our lives. If the bread dough is still sticky add more white flour until you have a good dough. Same too in our life, if our life is a bit sticky at times we can always add more Jesus!!

Form into a loaf and place in a greased mini bread pan or on a greased cookie sheet and bake at 375\* for 18-20 minutes or until golden brown on top.