**Family Sacred Meal Bread Baking Activity**

**(Based on an old recipe that was used to make bread for Mass.)**

**Needed:** 1 large baggie, ½ c white flour, 1 c whole wheat flour, 2 tsp baking powder  
½ tsp salt, ¼ c butter, ½ c milk, 1/3 c honey (substitute items, if necessary)

1. Everyone wash hands.
2. Pick 1 person to read aloud this guide. Everyone else takes turns helping.
3. **Flour:** Measure & place 1 cup whole wheat Flour in a large baggie.  
    Measure & place ½ cup white Flour in the same large baggie.

**Reader:** Let us Pray “Thank you, God, for the gift of flour, the foundation for bread.  
Thank You, too, for the gift of our Family, the foundation for our Lives!”

1. B**aking Powder**: Place 2 teaspoons Baking Powder in the baggie.

**Reader**: Baking Powder helps to make bread grow, but growing is hard. In the same way, tough times in our family can bring us closer together and help us to grow. Let us take a minute to silently think of the tough times in our family.

**Reader:** Let us Pray “Thank you, God, for helping things to grow, even if it is hard.  
 Thank You, too, for being with our Family during our tough growing times.”

1. **Salt & Oil:** Place ½ tsp of Salt in the baggie. Place ¼ cup Butter in the baggie

**Reader:** Let us Pray “Thank you, God, for Salt and Oil to give our bread flavor.  
 Thank You, too, for all the joyful and special moments in our family.”

1. **Milk & Honey:** Place ½ cup Milk in the baggie Place ⅓ cup Honey in the baggie

**Reader:** The Early Church shared a cup filled with Milk & Honey at Baptisms.   
It was a symbol of the joys and sweetness that await us in Heaven.

**Reader:** Let us Pray “Thank you, God, for Milk & Honey, signs of Heaven & Baptism. Thank you for making our Family part of Your Heavenly Family.

1. **Mix the Bread:** Have the family’s most skilled baker, mix the ingredients inside the baggie by carefully kneading the bag. When combined, remove the dough from the baggie and place it on a big sheet of aluminum foil. Continue to knead the dough until it is smooth. (add drops of milk if too dry add flour if too wet). Divide the dough into 2 even pieces.
2. **Form a Loaf:** Form each piece of dough into a circle or any shape the thickness of a hamburger patty. Mark a cross or family symbol on top. Place on a baking sheet lined with aluminum foil. Bake for 12 minutes at 350°. Use 1 loaf of the bread & prayer on the other side at a Family Meal. Can be frozen for later use.

A Sacred Meal Ritual for the Home

Use this prayer at the beginning of a special family meal. You will need a candle, matches, a special loaf of bread on a plate, a cup of wine or grape juice, and this prayer sheet. This prayer is based on traditional Jewish family Sabbath meal prayers, and is similar to the blessing that is still used during the Jewish Passover meal and at Catholic Mass.

**All:** (Make the Sign of the Cross)

**Mother**: Light is a sign of God’s presence among us.

Blessed are You, Lord our God, who has made us lights to one another!

In the spirit of ancient tradition, we now light this festive meal candle (light candle)

May our home be made holy, O God, by your light.

Let us now take a moment of silence, to thank God for all our blessings,

For life and love, for health and friendship, for faith and family. (silence)

May we praise you, Lord, with this family meal,

We ask you to bless us all, and these humble gifts of bread and wine.

**Father:** (holds up the bread) Blessed are You, Lord our God, King of the Universe,

Who gives to us this bread which we will share today.

May it remind us that we are one Family, united together in Your Love!

**All:** Blessed Be God Forever!  
 (the bread is passed around and everyone breaks off a piece and eats it)

**Father:** (holds up the wine) Blessed are You, Lord our God, King of the Universe,

Who gives to us this wine, a sign of the love you share with us

Through your Son, Jesus Christ.  
 May it remind us of the love and joy that awaits us in heaven!

**All:** Blessed Be God Forever!

(the cup is passed around and everyone takes a sip from the cup)

**Mother:** May the seal of God’s love rest upon this food and upon this family.

May we see the Lord of Life in our conversation and lives shared together.

May it nourish us as we go forth to serve each other in Love.

And may the blessing of God, His peace and love, rest upon us in the days to come.

We ask this in the name of Jesus Christ, Our Lord…

**All:** Amen. (Make the Sign of the Cross).

(adapted from: *Prayers for the Domestic Church*, by Edward Hays)