

Suggested order for baking Prósfora

Set out ingredients and utensils, and prepare working space.

Throughout the entire process, never use any ingredients except flour, water, yeast, and salt.

Before an icon (or before the family icon corner), place a lighted candle and/or a censer with burning charcoal and incense.

All who participate in baking the Prósfora should say the following prayer:

O Lord, this bread which we will bake represents each one of us in this family and in our congregation. We offer ourselves to You, Who are our very Life, in humble obedience and in total commitment to Your will. We place ourselves on the Holy Altar through this bread, to be used by You in any way that You know will be to our spiritual benefit and to the benefit of Your holy Church. Accept our offering, and make us worthy to receive the greater Gift that You will return to us when You consecrate this bread as Your most precious body. Amen.

Begin preparing the Prósfora, accompanied by readings from the Book of Psalms.

Those making the bread should take turns kneading and reading the Psalms.

The following recipe may be used, and remember:

Do not use any oil, grease, or shortening of any kind!

Do not use any sugar, or any other sweetener!

Only use yeast; do not use any other leavening agent!

After the dough rises once, knead it again. Press the seal down on the loaf for as long as it takes to quietly recite the Lord's Prayer, then remove it carefully. Let the loaf rise a second time.

Maintain a constant attitude of prayer.

After the bread is baked, it should be allowed to cool and placed in an appropriate area of the house until it is time to bring it to the church to be used by the priest in the Preparation of the Gifts before the Divine Liturgy.

