

INSTRUCTIONS FOR BAKING PROSFORO FOR THE DIVINE LITURGY

OPENING PRAYER

Dear Lord, this bread that we are baking represents each one of us. We are offering ourselves to You, our very life, in humble obedience and total commitment to You. We place ourselves on Your holy altar through this bread to be used by You in any way that You feel will help enlarge Your kingdom. Accept our gift and make us worthy to receive the greater gift that You will give us when You consecrate this bread and give it back to us as Your Precious Body.

INGREDIENTS

Flour: 5 cups (sifted)

Warm Water: 1 1/2 cups

Salt: 1 teaspoon

Yeast: 2 cakes

Prosforo Seal

Icon & Lighted Candle (should be present near baking area)

BAKING INSTRUCTIONS

Dissolve yeast in warm water and let stand in a slightly warm environment (oven recommended) for 10 minutes.

Add salt and flour. Knead until smooth (approx. 10 minutes).

Place in a covered bowl and let rise in a slightly warm environment (oven recommended).

When dough doubles in size (typically at least 1 hour), knead again for 5 minutes and divide into 2 equal parts.

Place dough in floured cake pans (do not use grease).

Dip Prosforo seal in flour and shake off excess flour from the seal. Press seal firmly in center of bread.

Bake for approx. 30 minutes at 375 degrees.

CLOSING PRAYER

O God, our God, You sent the heavenly Bread, the food for the whole world, our Lord and God Jesus Christ, as Savior, Redeemer, and Benefactor, to bless us and sanctify us. Do bless this offering and accept it upon Your heavenly altar. As a good and loving God remember those who brought it and those for whom it was brought. Keep us blameless in the celebration of Your divine Mysteries. For sanctified and glorified is Your most honorable and majestic name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

NAMES TO BE COMMEMORATED

Along with the Prosforo loaves, you may bring to the priest a list of names of those to be commemorated. Make two columns on a piece of paper, writing the first names (of the living) in the left column, with the names of the departed in the right column.

The church should receive the baked Prosforo loaves prior to the Orthros Service (8:30 AM).