

Yeast.

Measure out 2 tablespoons into a cup.

Here is the yeast,
Dried, but ready to spring to life.
Small Organisms, too tiny to see,
Too complex to understand.
Yeast which will grow to swell our bread,
To make it light and air-filled.

We thank you for the yeast,
So ancient,
Used by our ancestors.
So easily packaged and contained,
And yet so wondrous.

Matthew 13:33 ‘He told them also this parable: “The Kingdom of Heaven is like yeast, which a woman took and mixed with 3 measures of flour till it was all leavened.”’

Song:

*Come to the table of plenty,
And drink the water of life.
Come to the table of plenty,
And eat of the bread of the Lord.*

Sugar.

Measure out 4 tablespoons of sugar and place in a cup with the yeast.

Syrupy honey,
Sweet and sticky,
Crystalline, white and purified,
Rich and raw.

Matthew 3:4 ‘John’s clothing was a rough coat of camel’s hair, with a leader belt round is waist, and his food was locusts and wild honey.’

Sugar to taste,
Sugar to feed the growth of the yeast.

Song:

*Come to the table of plenty,
And drink the water of life.
Come to the table of plenty,
And eat of the bread of the Lord.*

Add two tablespoons of warm water to the cup of yeast and sugar, stir, cover with a cloth and stand in a warm place.

Flour.

Measure out 3 cups of white flour + 3 rye flour into large mixing bowl.

Here is the flour,
The most basic ingredient.

Damper made simply from flour and water has fed many,
Bush men and women in our country's past.

Flour has fed out ancestors,
Grinding the grain between stones,
Feeling the smooth texture of flour.
Caressing our hands,
Flowing through our fingers.

We think of the wheat crops,
Swaying golden in late afternoon sunshine,
The harvesters which collect the seed,
The hills that grind the flour.

We thank you for our well-stocked supermarket shelves,
Where we can always buy flour.

Song:

*Come to the table of plenty,
And drink the water of life.
Come to the table of plenty,
And eat of the bread of the Lord.*

Salt.

Add two teaspoons of salt and stir into flour.

Here is the salt to give flavor.
We thank you for this small quantity of salt, which will give taste to our bread.

Salt which heals,
Salt which stings,
Salt which preserves,
Salt which gives flavor to our lives.

We think of the salty waves crashing on the sand,

Of the salt we sprinkle on our meals,
And we give thanks.

Matthew 5: 13 ‘You are the salt of the world. And if salt becomes tasteless, how is its saltiness to be restored? It is good for nothing but to be thrown away and trodden underfoot.

Song:

*Come to the table of plenty,
And drink the water of life.
Come to the table of plenty,
And eat of the bread of the Lord.*

Oil.

Add 2 tablespoons of oil to the bowl of flour.

Here is the oil,
Oil squeezed from fruits,
From vegetables,
Dripping and rich.

Oil which has anointed great leaders,
Which the woman poured on Jesus in her love.

Matthew 26:6 Jesus was at Bethany in the house of Simon the leper, when a woman approached him with a bottle of very costly perfume; she began to pour it over his head as he sat at the table. The disciples were indignant when they saw it. “Why the waste?” they said. “It could have been sold for a large sum and the money given to the poor.” Jesus noticed, and said to them, “Why make trouble for the woman? It is a fine thing she has done for me. You have the poor among you always, but you will not always have me.”

We remember the oil, which we pour from plastic bottles, glass, jars, has been yielded up from nature’s fruits, synthesized from simple atoms.

Song:

*Come to the table of plenty,
And drink the water of life.
Come to the table of plenty,
And eat of the bread of the Lord.*

Milk.

Stir yeast mixture into flour bowl, add 1 ½ cups of milk. Stir.

Here is the milk to moisten the flour.

We think of the journey this milk has taken,
 Flowing from cows,
 Poured into trucks,
 Carted into factories,
 Filled in cartons and bottles,
 Carried to cities and sold in our shops.

Let us not take for granted this precious resource,
 But give thanks when we pour it on our cereal, our drinks, and into our bread.

Song:

*Come to the table of plenty,
 And drink the water of life.
 Come to the table of plenty,
 And eat of the bread of the Lord.*

Water.

Add 1 ½ cups of warm water to mixture.

Springs and waterfalls,
 Rivers and creeks,
 Thirst in dry desserts,
 Quenching with drinks.

John 4:13 ‘Jesus answered, “Everyone who drinks this water will be thirsty again; but whoever drinks of the water I shall give will never again be thirsty. The water that I shall give will be a spring of water within him, welling up and bringing eternal life.”’

We give thanks for the plentiful water we have here,
 But think again how we must respect this resource,
 Use it sparingly,
 We will think of our brothers and sisters in places where water is scarce,
 Where water is not clean and pure.

We think of the beginning of life,
 Raised from the primordial waters,
 Seething with movement.

Genesis 1:2 The earth was a vast waste, darkness covered the deep, and the spirit of God hovered over the surfaces of the water.

Genesis 1:20 God said, ‘Let the water teem with living creatures, and let birds fly above the earth across the vault of the heavens. God then created the great sea-beasts and all living creatures that move and swarm with the water, according to their various kinds.’

Song:

Come to the table of plenty,

And drink the water of life.

Come to the table of plenty,

And eat of the bread of the Lord.