

## **PROSPHORA (ALTAR BREAD)**

### **TRAINING:**

Before starting to bake Prospora, please get permission from your parish priest. Next, obtain a religious seal, and seek training. Your priest can advise you on both those points.

### **INGREDIENTS:**

1 pkg. dry yeast

2 ½ cups water

2 tsp. salt

6 ¾ to 7 cups flour

### **DIRECTIONS:**

Dilute yeast in warm (not hot) water to activate yeast

Add salt, then half of flour and stir

Mix remainder of flour with hand until dough is firm

Knead until dough is smooth

Divide dough and place in 8, 9 or 10 inch pans that have been floured only

Do not grease pans

Keep in mind that dough should be smoothed out to cover the bottom half of the depth of pan.

This recipe *makes two loaves of bread*. You will need to double the recipe for four loaves.

Take religious seal and dip in flour, shaking off any excess flour that may accumulate, and press seal firmly in center of dough.

Use a sharp knife or toothpick to prick the dough all around the seal.

Remove seal and let dough rise until it is almost doubled in bulk.

Remember, dough will also rise in oven and too much rising can erase seal.

Bake in 400 degree oven for approximately 30 minutes or until done.

Wrap in clean cloth while cooling so crust will soften.

Place bread in freezer bags.

If the bread is intended for extras, please mark the date on the freezer bag and put it in the freezer in the church kitchen.

This recipe was taken from **A LENTEN COOKBOOK FOR ORTHODOX CHRISTIANS**

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***Soli Deo Gloria!***

## **PRAYERS FOR PREPARATION OF PROSPHORA**

### **PRAYER OF REPENTANCE:**

O Lord our God, good and merciful, I acknowledge all my sins which I have committed everyday of my life, in thought, word and deed, in body and soul alike. I am heartily sorry that I have ever offended thee, O Lord: of thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more, that I may walk in the way of the name of righteousness and offer praise and glory in the Name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

### **PRAYER BEFORE MAKING THE PROSPHORA:**

Almighty God, our Help and Refuge, Fountain of Wisdom and Tower of Strength, who knows that I can do nothing without Your guidance and help; assist me, I pray Thee, and direct me to divine wisdom and power, that I may prepare this prosphora, faithfully and diligently, according to Thy will, so that it may be profitable to myself and others, and to the glory of Thy Holy Name. For thine is the Kingdom and the power and the glory of the Father, and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

### **PRAYER AFTER THE BREAD IS BAKED:**

Dear Lord, this bread that I have baked represents each one in my family and in my congregation. I am offering myself to You, my very life, in humble obedience and total commitment to You. I place myself on Your holy altar through this bread to be used by You in any way that You feel will help enlarge Your kingdom. Accept my gift and make me worthy to receive the greater gift that You will give me when You consecrate this bread and give it back to me as Your Precious Body. Amen.