

*Because there is one bread, we who are many are one body,
for we all partake of the one bread.*

I Corinthians 10:17

To celebrate The United Church of Canada's 85th Anniversary, we asked each of the 13 regional Conferences to provide a 5 kg bag of locally milled flour. Once it was collected, this flour was blended along with most of the other ingredients needed to make bannock. This mixture was then packaged by the bread ministry volunteers of Wilmot United Church in Fredericton, New Brunswick.

This Common Loaf mix is now being made available across the United Church so that each congregation or ministry can add its own ingredients to create "one bread" for the celebration of communion on Anniversary Sunday, June 6, 2010.

We chose bannock as our communion bread because it is a part of our Canadian heritage—from Canada's First Nations; to early settlers, hunters, and trappers; to today's outback campers. We invite you to remember these historic roots as you prepare your bannock to celebrate communion on Anniversary Sunday. To make your 85th Anniversary bannock, please add the contents of the Common Loaf package to the other ingredients listed on the enclosed recipe card. As you do this, imagine others in the United Church doing the same and then sharing a common communion loaf in congregations from coast to coast to coast.

One important suggestion: because the consistency of bannock tends to crumble, it is *not* suitable for intinction. Congregations are strongly encouraged to use pre-cut pieces of bannock and individual communion glasses (available from UCRD or church supply stores). Those serving bread should wash their hands as close to communion time as possible and rinse them with antibacterial hand sanitizer just before serving the congregation.

To watch a video of the Rev. Chris Levan making the bannock, please visit YouTube.com/unitedchurchofcanada.

Other 85th Anniversary resources, including the Sharing a Common Loaf Bible study, are available at www.united-church.ca/85th.

Questions? Please contact:

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