

Concerning The Material of the Sacrament of the Body of Christ Itself

The material of the Sacrament of the Body of our Lord Jesus Christ is bread of pure wheat flour, mixed with plain natural water, and leaven, not overly salted, well-baked, fresh, and pure, which has its own taste and is pleasant and fit for eating, not moldy. Bread which, although it be wheat, does not have the above-enumerated qualities, may in no way be the matter or material of the Body of Christ in the Holy Eastern Orthodox Catholic Church. Therefore, let no one serve with such bread.

Every other bread, except wheat, leavened from the seed of other plants, may not be the material of the Body of Christ. The priest who dares to serve with bread of other grains or bread although it be from wheat flour, leavened and prepared with natural water, but with the additions of milk, butter, or eggs, ore glazed with them, or finally: rotten, moldy, soured, stale, or corrupted; such a priest sins seriously and because of this falls under a great curse and the Mystery which is completed with such bread does not take place.

See below for an example of flour that is suitable:



Ingredients: Unbleached 100% Hard White Whole Wheat Flour.