

Fr. Nathan's Holy Bread Guidelines 2016-2018 for Ss Peter & Paul Antiochian Orthodox Church

When to deliver the Holy Bread to the Church:

Note: The **Liturgy of Preparation**, or **Proskomede Service**, is the name given in the Eastern Orthodox Church to the act of preparing the bread and wine for the Eucharist. This service is done quietly before the public part of the Divine Liturgy begins, and symbolizes the "hidden years" of Christ's earthly life. The Liturgy of Preparation takes 30-35 minutes (or even longer) and must be completed before Orthros can even begin.

- For Sunday Divine Liturgy: **preferred choice** is delivery on Saturday at Great Vespers. The *least desirable* (and only in dire circumstances), and absolute latest possible would be to deliver on Sunday morning *no later* than 7:30am for a 9:30am liturgy. If this becomes necessary, please call Fr. Nathan before Saturday Great Vespers to notify him of the delay.
- For evening Vespersal Divine Liturgy: **preferred choice** is the day before, but the absolute latest possible would be 1 hour before the Liturgy starts (i.e. delivered absolutely no later than 5:00 pm for a 6:00 pm Liturgy). Call Fr. Nathan to notify him of the delay
- For weekly Presanctified Liturgies during Lent: the presanctified lamb will be taken out of one of the 4 Sunday loaves. The loaf used for antidoron on a Wed or Fri presanctified Liturgy can be delivered on Sunday (if wrapped well), or can be brought to the church an hour before liturgy is to start (i.e. 5:00 pm for a 6:00 pm liturgy)

How many loaves are needed?

- For most Sunday Divine Liturgies: 5 loaves: 1 loaf with a good stamp, 4 loaves (stamped) to be cut for the antidoron
- For weekday Divine Liturgy: 1 loaf with a good stamp
- For Vespersal Divine Liturgy: 1 loaf with a good stamp
- For Presanctified Liturgy during Lent: the presanctified lamb will be taken out of one of the 4 Sunday loaves, so only 1 loaf is needed for the antidoron
- For Lazarus Saturday = 1 loaf; Holy Thursday = 3-4 loaves; Holy Saturday = 5 loaves;
PASCHA =4 or 5 loaves

Size of the Lamb on the prosthora seal

- For regular Sunday Divine Liturgy: a large lamb is needed (i.e. approx. 3" across)
- For Presanctified Liturgy: a smaller lamb is all that is needed (i.e. approx.. 2" across)
Note: some seals actually have 3 lambs and so one loaf of bread could be used for the large lamb for Sunday and a small lamb from the same loaf for a pre-sanctified liturgy
- For Vespersal Divine Liturgy: any seal that has \triangle at left of lamb and saints at right △△△
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- For weekday Divine Liturgy: (same as above)

Each person's baking week is from Sunday → Saturday

- 1st Sunday of the month – Linda
- 2nd Sunday of the month – Valerie
- 3rd Sunday of the month – Kathleen
- 4th Sunday of the month – Michelle
- 5th Sunday of the month – Linda