



THE HOLY BREAD (ELEMENTARY)

In our beautiful Coptic Church everything has a **symbol** and a **meaning**, because our church wants us always to be focused on Christ our Savior. So it is very important to understand everything's meaning and symbol that will make us love the church.

The Holy Bread



The Holy Bread:

- Is a **perfect** circle
- Has 1 big cross in the middle and 12 small crosses around it
- Has 5 holes around the cross
- It has words in Coptic that mean: "**Holy God, Holy Mighty, Holy Immortal**"
- Just like our Lord Jesus Christ was perfect without any sin, the Holy Bread must be perfect without anything wrong with it.

Making of the Holy Bread

The Holy Bread has many beautiful symbols.

- It is the **bread** as our Lord is the bread of life
- It is made out of **grinned pure wheat flour** as our Lord "was bruised for our iniquities" (Isaiah 53:5)
- It is made from **white flour** as a symbol of our Lord's purity

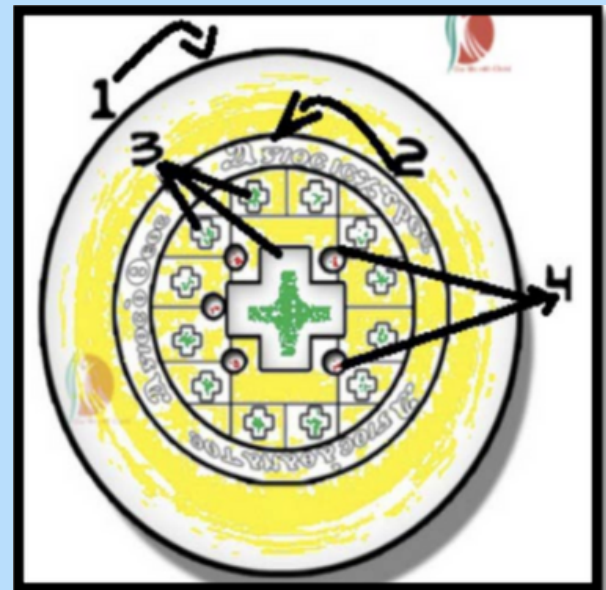
According to the teachings of the fathers, the following conditions should be followed when making the Holy Bread:

- To be **well leavened** as the leaven is a symbol of sin and our Lord Jesus Christ carried our sins.
- To be **free of salt or sugar**. Salt preserves things from rotting but our Lord Jesus Christ doesn't need any preservers. Sugar adds sweetness, but our Lord suffered for us.



Shape of the Holy Bread

- Should be made in a round shape as the **sun** which gives light as our Lord Jesus Christ is the light of the world.
- The perfect round shape does not have a beginning or end as **our Lord doesn't have a beginning or end** (#1 in the picture)
- The five holes refer to our Lord Jesus Christ's **wounds**. 2 in His hand, 1 in His feet, the spear in His side, and the thorn crown (#4)
- In the middle, there is a **large cross** surrounded by 12 crosses. The large centered cross refers to our Lord Jesus Christ (this part is called "**Spadikon**"). The 12 small crosses represent the **12 disciples** (#3)
- There are three sanctifications in a circle with the words "It has words in Coptic that mean: "**Holy God, Holy Mighty, Holy Immortal**". This is a symbol of Christ surrounding His church in the world, being in the middle so that it will never be shaken (#2)



"The holy Body and the precious true Blood of Jesus Christ, the Son of God. Amen"