

### ### \*\*Faith Practice Outline:\*\*

1. **Song** – Start with a song to set the atmosphere.
2. **Begin Wine Preparation** – Start the wine-making process at the beginning of your practice. Crush the grapes, cover them with linen, and set the bowl aside for fermentation.
3. **Bibliomancy** – Open the Bible at random and read a complete chapter.
4. **Meditation** – Spend five minutes in silent mindfulness meditation for centering and grounding.
5. **Prayer** – Follow with a prayer of whatever length feels right, also in silence.
6. **Weekly Wine Check** – Check the wine's progress during your faith practice each week.
7. **Communion Preparation** – Once the wine is ready, rack it on a Sunday as part of your practice.
8. **Flatbread Preparation** – Prepare the unleavened flatbread.
9. **Communion** – After preparing the wine and flatbread, partake in communion as a significant part of your faith practice.
10. **Closing Prayer** – Conclude with another prayer to wrap up your worship time.

This routine integrates the physical preparation of the elements for communion into your spiritual practice, enriching the experience and connecting it to the traditional rituals you value.

-----

Here's a detailed winemaking recipe using the amphora-shaped jug, bowl, and other tools you've decided to use, along with timing for each stage:

### ### \*\*Ingredients & Equipment:\*\*

1. **Organic Grapes**: Red or black, approximately 15-20 pounds.
2. **Amphora-Shaped Jug**: Food-safe, glazed, with a flat bottom for storage.
3. **Bowl**: To be used as a basin for collecting juice after crushing.
4. **Wooden Dowel**: For crushing the grapes in the bowl.
5. **Linen or Cotton Cloth**: For straining the juice.
6. **Ladle**: For drawing wine from the amphora.

### ### \*\*Steps and Timing:\*\*

#### #### \*\*1. Crushing and Treading:\*\*

- **Crushing Grapes**:
  - Place the grapes in the bowl.
  - Use the wooden dowel to thoroughly crush the grapes, ensuring that the skins are broken and the juice is released.

#### #### \*\*2. Initial Fermentation in the Bowl:

- **Time in the Bowl**:
  - **Leave the crushed grapes (must) in the bowl for 2-3 days**. During this time, the juice, skins, and pulp will start to ferment due to the natural yeasts present on the grape skins.
  - Stir the mixture once or twice daily to ensure even fermentation and prevent the formation of mold on the surface.

#### #### \*\*3. Straining:

- **Straining the Must**:

- After 2-3 days of fermentation in the bowl, strain the must through the linen cloth into the amphora-shaped jug. This process will separate the liquid (wine in progress) from the solids (skins, seeds, pulp).
- Squeeze the cloth gently to extract as much liquid as possible without forcing solids through the cloth.

#### #### \*\*4. Secondary Fermentation in the Amphora:\*\*

##### - \*\*Fermentation in the Amphora:\*\*

- \*\*Transfer the strained liquid to the amphora and cover it with a cloth\*\* to allow air circulation while preventing contamination.
- Let the wine ferment in the amphora for \*\*2-3 weeks\*\*. This period allows the fermentation process to complete, and the remaining yeast to settle out as sediment (lees).
- During this time, monitor the wine for signs of spoilage (such as off-odors) and stir gently if necessary, though frequent stirring is not recommended.

#### #### \*\*5. Clarification and Storage:\*\*

##### - \*\*Time in the Amphora:\*\*

- After the 2-3 weeks of fermentation, the wine should be sufficiently clear. At this point, you can choose to:
  - \*\*Ladle out the wine\*\* directly into cups for immediate consumption.
  - \*\*Leave the wine in the amphora for up to another 1-2 weeks\*\* for further clarification before consuming, depending on your preference for clarity and flavor development.

#### #### \*\*6. Final Steps:\*\*

##### - \*\*Serving:\*\*

- Use a ladle to carefully draw out the wine, avoiding the sediment at the bottom.
- The wine can be consumed fresh at this point, which is in keeping with ancient practices where wine was often consumed young.

#### #### \*\*Conclusion:\*\*

This process, inspired by ancient Israelite winemaking techniques, allows for a hands-on, traditional approach while incorporating modern tools. By straining the wine after 2-3 days of initial fermentation and then allowing it to ferment further in the amphora for 2-3 weeks, you're following a method that aligns with historical practices, leading to a wine that is ready for consumption after approximately 4-6 weeks.

-----

Here's the traditional unleavened bread recipe that closely resembles what might have been used during the time of Jesus, especially for Passover:

#### #### \*\*Ingredients:\*\*

1. \*\*Whole Wheat Flour\*\*: 1 cup (traditionally, whole grain flour would have been used).
2. \*\*Water\*\*: 1/3 cup.
3. \*\*Salt\*\*: 1/2 teaspoon (optional, for flavor).

#### #### \*\*Instructions:\*\*

1. \*\*Mix Ingredients\*\*: In a bowl, combine the flour, salt, and water. Mix until a dough forms. Knead it briefly to make sure everything is evenly distributed.
2. \*\*Shape the Dough\*\*: Divide the dough into small balls and roll each one out into a flat circle, about 1/8 inch thick. These should resemble simple flatbreads.
3. \*\*Cook the Flatbreads\*\*: Heat a skillet or griddle over medium heat. Place each rolled-out dough piece onto the hot surface and cook for 1-2 minutes on each side, until lightly browned and slightly puffed. Traditional methods involved baking the bread on hot stones or in clay ovens.

4. **\*\*Serve\*\***: These unleavened breads are ready to be used for religious purposes, like communion, or as a simple accompaniment to meals.

This recipe uses just flour, water, and salt, reflecting the simplicity of ancient bread-making practices.