

Communion Bread for the 79th General Convention

Honoré Farm and Mill is proud to coordinate the communion bread for General Convention. Our heirloom wheat was organically grown in Texas by small family farmers and was stone-milled just outside of Austin. The bread was baked by hand with 100% whole wheat flour in a bakery just a few steps away from the Convention Center.

Honoré is an organization committed to restoring the historic relationship between the land and our farmers, millers, bakers, and churches. Together, we are intent on agricultural integrity, creating connections in local food economies, and serving the most wholesome, and best tasting bread. Unlike conventional, commercial flour, Honoré's growing process actually cleans the air by drawing down carbon dioxide (a greenhouse gas) out of the atmosphere through carbon sequestration. So by serving communion bread made with Honoré wheat, General Convention is purifying the air. General Convention's mindfulness in their choice of communion bread has removed 155 pounds of carbon dioxide.

As churches gain awareness that decisions over the sacraments not only affect the environment but also build connections within their communities, our combining efforts with many churches makes an impact far more powerful than any of us could manage individually. To this end, we have built a Grower's Guild—a web of farmers, millers, bakers, and churches—which collaborates to grow, mill, bake, and serve ancient grain communion bread in churches around the country. The more churches that participate, the greater our impact will be on Creation. To see the effect your diocese could have and join our flour-share, please visit: honoremill.org.

The best part? Our bread is also quite delicious. In fact, people with gluten issues often report they can enjoy bread baked using the Honoré process. We are going back to basics in so many ways, harkening back to the heart of God, back to the original rhythms of ecology and production, back into alignment with God's Creation.