

We celebrate an open table at BUMC – that means everyone is welcome to participate; no matter your age, or whether you are a member of BUMC or any church, you are always welcome to participate in communion because the communion table belongs to Jesus who welcomes all people, no matter what.

We are very aware of the importance for many to know the ingredients in the products you consume. To allow you to make informed choices, you can find the ingredients for our communion elements listed below. If you have food allergies or prefer one of our options, simply ask at the table and we will provide your preferred option.

COMMUNION BREAD:

Challah Twist from Giant Foods bakery. Distributed by Foodhold, USA LLC, Landover, MD Updated 5/11/2022



Ingredients listed on packaging: Bread flour (wheat flour & malted barley flour enriched with niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), water, soya oil, corn syrup, egg powder, salt, yeast, Puratos S-500 (wheat flour, DATEM, dextrose, soybean oil, ascorbic acid, L-Cystein, azodicarbonamide (ADA) enzymes), sodium stearoyl lactylate (SSL), egg color (water, FD&C Yellow #5, citric acid, FD&C Yellow #6, sodium benzoate, FD&X #40). Contains wheat, gluten. Processed in a facility that also uses wheat, milk, eggs, soy, peanut and tree nuts.

Ingredients listed on web site: Bread flour (wheat flour and malted barley flour enriched with niacin, reduced iron, thiamine Mono-nitrate, riboflavin, folic acid), filtered water, soybean oil, extra fine granulated sugar, light corn syrup, whole egg powder, salt, yeast, all natural mold inhibitor (wheat flour, cultured wheat starch), dough improver (wheat flour, calcium sulfate, enzymes, and ascorbic acid), dough conditioner (wheat flour, malted barley flour, ascorbic acid, enzymes, egg coloring (water, FD&C yellow #5, citric acid, FD&C yellow #6, sodium benzoate and FD&C red #40).

CONTAINS: Eggs, Soy, Wheat. Processed in a facility that also uses wheat, milk, egg, peanuts and tree nuts

<https://giantfood.com/>

JUICE:

Welch's Grape Juice – grape juice from concentrate (filtered water, grape juice concentrate), grape juice, ascorbic acid (vitamin C), acidity regulator (citric acid) Updated: 5/11/2022



<https://www.welchs.com/juices/100-percent/concord-grape>



GLUTEN FREE WAFERS:

Cavanaugh Altar Bread individual packages: water, garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, palm oil Updated: 5/11/2022

https://www.concordiasupply.com/Gluten-Free-Communion-Wafer-Box-of-25-1-3-8?gclid=EAIaIQobChMI99CzkcPX9wIVg4XIC09xQJLEAQYASABEgIp7fD_BwE

PRE-PACKAGED, ALL-IN-ONE COMMUNION KIT:

Broadman Church Supplies Fellowship Cup – this kit includes a peel-back layer where the wafer is located and a second peel-back layer that opens the juice. This option allows increased hygiene and reserves any contact with the elements by only you. Ingredients include: grape juice reconstituted from concentrate with filtered water, natural flavors, natural colors, potassium sorbate, and sodium benzoate (preservatives used at less than 0.1%); wafers made from bleached flour, water, trace of salt). Updated: 5/11/2022



TAKE-HOME COMMUNION BOXES:

We extend our communion table by offering take-home communion boxes. You are welcome to take a box with you to family members unable to attend or friends you wish to visit and take communion to. These boxes contain one pre-packaged, all-in-one communion kits (ingredient list above). If you are taking home to family members, take one box and pick-up additional pre-packaged elements for additional family members (one box per home, please). Additional elements are located in a basket with the boxes. Updated: 5/11/2022

https://www.concordiasupply.com/Fellowship-Cup-Prefilled-Communion-Cups-Wafer-Juice-Sets-Box-of-100?quantity=1&custcol_autoship=1