
Communion Preparation Guide 2020

In these unique days of social distancing due to the pandemic, we live and worship differently. Online worship has become necessary and the norm for many. Holy Communion adds an extra dimension to our online worship gatherings. Whether or not you participate in this portion of the worship is your responsibility and decision.

What gifts are given through Holy Communion?

- In this meal, as he has promised, the crucified and risen Christ is fully present to us in, with, and under the bread and wine, giving his true body and blood as food and drink.
- The real presence of Christ through these simple things of the earth is a divine mystery.
- Through this meal, God nourishes faith, forgives sin and offers healing, hope, new life and salvation.

Who may receive Holy Communion?

The meal is offered to all who are baptized. At the same time, Christ is the host and offers the invitation to the table. Christ's gift of love and mercy is always to be praised. The words "given and shed for you" require a simply believing heart. Please follow the practices of your home congregation regarding the age and preparation for those who receive the meal or blessing.

In preparation for the meal at home

- Please plan to receive Holy Communion within the worship service either live or pre-recorded. Lutheran practice avoids the celebration of the Supper without the preceding reading of the Scriptures, preaching, and prayers.
- Before the worship begins, please set out the bread (any type you have or desire) and wine or grape juice. (gluten-free is acceptable.)
- To symbolize the unity and dignity of Holy Communion, consider setting aside a special space with a tablecloth/placemat using glassware or pottery for the cups and plate.
- Please handle the bread and wine with care and respect, out of sense of the value both for what has been set apart by the Word to bear the presence of Christ and of God's good creation.

When to commune: At the time in the worship service for Holy Communion after the introduction, familiar words of institution and the Lord's Prayer following the direction of the pastor please eat and drink with the words:

Traditional Words:

Bread -This is the body of Christ given for you.

Wine/Juice - This is the blood of Christ shed for you.

Contemporary Words:

Bread – This is Jesus the Bread of Life given for you.

Wine/Juice – This is Jesus the Cup of Salvation given

Blessing for those not receiving:

The Lord Jesus loves you and blesses you.

You may pause for a brief moment of silent reflection or prayer after the meal until the worship service continues.

What do we do with Bread/Wine/Juice not eaten or drank?

Any food that remains may either be fully consumed by participants or returned "to the earth" - scattered on the ground for the birds and to water the plants. (Use of the trash or sink/sewer to dispose of the bread/wine/juice is not fitting or proper.)

The forgiving peace and assurance of Christ be with you!