

## **Holy Communion & Children.**

### **Here's what we've talked about in class.**

**What does the word mean?** Communion can also be called Eucharist. The word *Eucharist* comes from a Greek word that means "Thanksgiving."

**Why do we take Communion?** To remember and to be thankful. At the Last Supper, Jesus said, "Do this in remembrance of me." We are thankful for the love of Jesus Christ; for Christ's presence on earth with the disciples; for his ministry; for his death; for his resurrection; and for his presence which is with us always through the Spirit. We remember his life, death, resurrection, and presence, and we remember to be his disciples in our time, continuing his love and his service to others in God's name. The very first Communion was the Last Supper, and Jesus wanted us to continue to break bread together in his name and to follow him. Holy Communion and Baptism are our two sacraments. We believe sacraments are acts we do in worship which are visible signs of God's invisible grace; they are markers of God's love, forgiveness, salvation and blessings that we can see and touch to remind us that God loves us and that nothing can separate us from God's love. God's love is eternal and unconditional.

**How do we take Communion?** We take in by *Intinction* or by *Service*. *Intinction* is the act of walking forward to the altar area, taking a piece of bread, and dipping it into the juice. This act reminds us that we can always approach God and God welcomes us. *Service* is where the bread and juice are served to us in the pews by our Deacons. This reminds us of God's call to serve one another, and reminds us to be both servants as well as people who are open when others are reaching out to serve us. Both during *Intinction* and *Service*, we are reminded to be quiet and prayerful, reflective and respectful because we are receiving a sacrament. This respect and reverence is also why we take special care of the bread and juice, careful not to spill it, and also we notice that the Deacons keep it covered when it is not in use.

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**Why do we use bread and juice and what do they mean?** Bread and juice are symbols of Christ's love for us, and they remind us of the meal Jesus shared with the disciples at the Last Supper. Jesus served and loved us even unto the point of death on a cross. The bread represents Jesus' body, broken on the cross; and the blood represents Jesus' blood, shed on the cross. They are reminders that Christ loves us so much and although he died, he is risen and loves us forever. This is why when Communion is served, we say, "The body of Christ, given for you. The blood of Christ, given for you." These are gifts from God!

**Why don't we use wine?** Many churches use wine instead of juice, and some churches offer both wine and juice. We offer only juice to be mindful of people for whom alcohol is a problem. We want a safe and healthy environment for all!

**Do we have to dip the bread into the juice?** If you feel uncomfortable, you do not have to dip the bread into the juice. Also, if you are unable to walk forward, our Deacons will bring the *Intinction* to you in your pew. When we have Communion by *Service*, bread is served separate from juice, and the juice is in individual glasses. We wait until everyone has received their bread, and we eat together; then, we wait until everyone has received their glass, and we drink together.

**Why only once per month?** Many churches have Communion every week, and some have it as little as four times per year. We have it once per month to remind us how special and sacred the Sacrament is, and we want to honor and cherish it.

**Please continue talking about this at home! And starting after the New Year, we are going to have another series of classes after worship that cover the topics of Baptism and the Season of Lent. We hope you join us!**