

THE COMMUNION OF EMPTY HANDS

(adapted from various readings)

Course of Study provides opportunity to study, worship, and live as a community of faith, it provides a place to “rehearse” faithful living. Now we are challenged by a situation we have never experienced before, but through it all we know that God is with us...

Thomas Pettepiece’s Story

Sharing Communion with Empty Hands

Let us share this communion of empty hands, knowing that it is God we seek and God we receive, and that alone is sufficient.

BLESSING - Merciful God, pour out your Holy Spirit on us gathered here and on this bread and wine - make them be for us the body and blood of Christ, that we might be Christ’s body in the world and his grace poured out for others.

SHARING THE BREAD - As I lift the imaginary bread please take a piece and eat:
“Take, eat, this is my body, which is given for you. Do this in remembrance of me.”

SHARING THE CUP - As I pass the imaginary chalice, please drink the imaginary juice):
“Take, drink, this is the blood of Christ which was shed for you and for many for the forgiveness of your sins. Do this and remember me.”

GIVING THANKS for the Peace of Christ:

ALL: Deep peace of the running wave to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the Son of Peace to you, now and for ever.

(Source unknown - early Scottish)

SONG **“Let There Be Peace on Earth”**

UMH 431

BLESSING

ALL: The Lord bless you and keep you
The Lord shine upon you and be gracious to you
The Lord lift you up and give you peace
The Lord bless you, now and always.

Sources

Arbinger Institute, *The Anatomy of Peace: resolving the heart of conflict.*
Oakland, CA: Berrett-Koehler Pubs., 2015.

John Birch, *prayers & resources from website: www.faithandworship.com.*

Rueben P. Job, Norman Shawchuck, *A Guide to Prayer.* Nashville: The Upper Room, 1983.