

How to prepare for Holy Communion  
for this Sunday July 5th  
by Pastor Kari Reiquam

The meal of Holy Communion is a meal of promise and assurance. Jesus promises to be with us. By eating and drinking together we are assured of God's love with us together.

Often we celebrate our unity in Christ with one bread, broken so all are fed and one chalice of wine poured out for each of us. In this virtual communion we will celebrate our unity by taking the bread and wine we have in our homes and lifting them together during the words of institution. We are separate parts of the same body, lifted together in Christ.

How to prepare:

- 1) Before worship begins, bring to your place of worship...some bread ( this can be a cracker, a slice of bread, a bagel, an English muffin) some wine (this can be wine or juice or water).
- 2) Put the bread on a plate, the wine in a glass.  
Set them before you.
- 3) You may want to light a candle beside them.  
You may want to put some flowers near by.  
You may want to put them on a table cloth.

These things are not necessary, but they can help you appreciate this time as sacred time by carefully creating a sacred space.

Sacred space is not "fancy" space. Sacred space is meaningful space. You are welcome to use plates and cups that you use everyday as a reminder of God's presence in your everyday or you may choose to use special plates and glasses in order to set aside the time as holy time.

4) Talk with the people you are sharing communion with. Would you like to serve each other by passing around the bread and wine? Would you like one person to share the bread with all and then the wine with all? Make a plan so that when it comes time to eat, you are relaxed and prepared. It is our tradition in sharing the bread and wine to say words such as "This is the body of Christ, given for you." and "This is the blood of Christ, shed for you."

5) Think about the left-overs. We are guided by our tradition to consume them or to share them with the birds or other creatures. They are not to be kept for another time. This is so that this meal is honored as a sacred moment. The bread and wine do not become holy in and of themselves. They are holy means by which Christ is present in the worship and celebration of the community.