

As of March 25<sup>th</sup> we are sharing the Sacrament of Holy Communion together during our services. We understand that this is a bit different and that you may have some questions. Here are some words that may help:

*Holy Communion is a fundamental part of how we participate in worship and receive Christ's body and blood, given and shed for us for the forgiveness of our sins. It is customary to use bread and wine for this meal, however with the given circumstances we invite you to find whatever is most appropriate in your context for your family to share. As you gather together to receive the real presence of Christ found in, with, and under the elements, be assured that the gifts we are given by God in the Holy Sacrament transcend space and time. May we be fed and nourished by God through this meal so that we may persevere and continue in discipleship this and every day.*

When sharing the meal with one another we would ask that as you give the bread you would say, "The body of Christ, given for you", and when giving the wine that you would say, "The blood of Christ shed for you". Whoever receives the bread and/or wine would say "Amen".

If you have further questions please feel free to contact one of the pastors.