

Holy Communion

What?

Jesus shared a final meal with his friends on the night before he died. We call it the Last Supper. At that meal, Jesus took bread and wine and blessed them and gave them to his followers with special instructions.

"Whenever you eat of this bread or drink from this cup, remember me."

Elsewhere in the Bible, we are told that each time we receive the bread and wine of communion, we proclaim the Lord's death and resurrection until he comes back again. **From the earliest days of the church, Christians have received communion frequently as a way to share in Christ's message, and to receive his Holy Spirit.**

We believe that in communion we not only remember Jesus, but we also find he comes to be with us – in a real way that we cannot understand, but that we can feel.

Why?

Why is probably the wrong question to ask ...

- ◆ Jesus is with us in communion, as real as the bread and wine we can taste and feel.
- ◆ Jesus commanded his followers to do this often to think of him and show our faith in him.
- ◆ Sharing in communion gives us a way to experience God's presence and power in our lives.
- ◆ We need frequent "spiritual upgrades" for though God fully gives us his Spirit, we let it leak out of our lives and we need to be refilled regularly ...

When?

We have communion every Sunday at our 9:00 a.m. service. Our 11:00 a.m. service is focused on helping people choose to become believers, so we have communion there less often. We still offer communion at the Sunday 11:00 a.m. Community Services each month so that new Christians and seekers can experience the central part of what we do in our worship of God.

How?

There are many ways in which you can receive communion. We leave it up to you to decide which works best for you. For instance:

- ◆ You can receive the bread in your hands and eat it, then drink from the cup.
- ◆ You can receive the bread in your hands and then dip it in the cup before you eat it.
- ◆ You can have the bread placed in your mouth and then drink the wine.
- ◆ You can receive only the bread and not receive the wine.

We believe it's not so important how you receive communion, but that you come to meet Jesus in communion.



**Building community with one another
Finding communion with God**

Now, what about this common cup of wine?

We use a single cup (or chalice, as it's called in church) during communion to symbolize that in communion we are all made one with God and one another. There are no better cups for people who make bigger donations, and no one is turned away from the communion cup.



But what about...

- ◆ **Germs?** The doctors we have known have all said that the alcohol content of our wine is high enough to kill any germs on contact.
- ◆ **The cup itself?** The ministers at the altar wipe the cup clean after each person uses it to remove any germs or other things (like lipstick) from the surface of the cup. Then they rotate the cup so you are not touching where the last person touched.
- ◆ **And you don't have to drink** any of the wine to receive communion. For many centuries, the custom was for people only to receive the bread anyway.

Children and Communion

First of all, relax. We can help you make communion an exciting part of your child's experience of church and God.

We offer you a special set of three classes which will help you prepare your children for communion, suitable for kids who are in first grade or above. Some children may want to attend earlier or later. It's up to you when you want them to join in. We'll teach them how a communion service is like a party, and what makes it special. They'll get a chance to touch, taste, and practice with everything we use at communion. So we'll take the mystery out of what to do, and yet also give them a better sense of the mystery of how God is with us in communion.

Should we let our children drink the wine? That's really an individual choice for you and your child to make. Many children do not like the taste of the wine. We suggest you not force them. Others may see this as a special "grown up" thing they get to do, and they will see how God accepts them in the same way as he accepts people of all ages and colors and shapes.

Ask Pastor Roger when the next set of classes will be held for your child, and please let us know about your questions concerning communion. We can help.

*We invite you to join us
for the journey of a lifetime.*



**Experience the difference that knowing
God's promises can make in your life.**

FAQ's

Frequently Asked Questions

■ Who can receive communion?

We invite anyone who has been baptized and is at an age where they can begin to understand what communion is all about to receive communion here.

■ Do I have to drink from the same cup as everyone else?

Not if you don't want to. You can receive just the bread and not the wine. Or you can dip the bread in the wine and not drink from the same cup as everyone else.

■ Why use wine instead of juice?

Jesus used wine, so we do too. Also, the alcohol in the wine kills any germs which might be there from using a common cup. Those who are not able to drink wine are encouraged to either dip their bread in the cup or only receive the bread. Either works just as well. There's no one, single "right way" to receive communion, except that you receive it with faith.

**For more information,
call us at 703.971.5242
or visit us online at
www.dovefromabove.org**

Sharing in Communion

*... share in Christ's message
and receive his spirit
through communion*

**Jesus took the bread,
broke it, blessed it,
and gave it to his friends,
saying, "Do this
to remember me."**



Church of the Spirit

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