

## GATES PRESBYTERIAN CHURCH

### HOW TO OBSERVE COMMUNION ONLINE

The Session of Gates Presbyterian Church has approved this format for observing communion.

Whether you call it the Lord's Supper, Communion or even Eucharist, you are welcomed at the table. We celebrate communion each month, typically on the first Sunday. In Communion we are reminded of the saving work of God from the beginning of creation through the ministry of Jesus Christ and into the present through the guidance of the Holy Spirit in our lives. We don't just remember; we are also transformed. As we share the elements we are lifted into the presence of God and bound to believers in every time and place.

As Presbyterians we affirm that the "elements" in this communion meal are a sign and a seal of Christ's love for us (like an old-fashioned wax seal on a document). We use bread and juice or wine to remember the last meal Jesus shared with his disciples. The Holy Spirit connects us. Distance is relative. We will still be entering sacred space together.

Here are some guidelines to assist you in preparing for communion during our online service:

- Choose whatever forms of bread, juice or wine you wish to have. Any are more than adequate to be signs of this Holy meal.
- Encourage your family to respect the holiness of the sacrament. If you are alone, embrace the quiet peace around you.
- Have individual portions for each person participating – the bread and the cup should NOT be shared.
- Place the elements in a central place where you are viewing the service – consider adding a lighted candle to the setting.
- The minister will lead you in the communion liturgy. He/she will first receive the bread and then will invite you and those you are with to do the same. The cup will be received in the same way.
- When partaking of the elements say:  
For the bread: "The bread of heaven, thanks be to God" or "The body of Christ, thanks be to God."  
For the cup say: "The cup of salvation, thanks be to God" or "The blood of Christ, thanks be to God."