

Holy Communion with Online Worship

Fall 2020

Zion Lutheran Church, Lewistown, MT

In these unique days of social distancing due to the pandemic, we live and worship differently. Virtual worship has become necessary and the norm for many. We had hoped that this season would not have lasted as long as it has, and with no clear end in sight we know there are many who are missing their participation in Holy Communion. Therefore we are now offering a way for you to receive the gifts of Christ's body and blood with elements that you have at home.

Who may receive Holy Communion?

In our worship together, Christ is the host and offers the invitation to the table. The words "given and shed for you" require simply a believing heart. Zion gives families the prerogative to determine the age their children are ready to receive communion. A Communion Instruction workshop will be offered this fall.

In preparation for the meal at home

- To symbolize the unity and dignity of Holy Communion, consider setting aside a special space with a tablecloth or placemat using glassware or pottery for the cups and plate.
- Please plan to receive Holy Communion **within the online worship service** either live or pre-recorded. Lutheran practice avoids the celebration of the Supper without the preceding reading of the Scriptures, preaching, and prayers.
- Before the worship begins, please set out the bread (gluten-free is acceptable) and wine or grape juice (any type you have or desire).
- Please handle the bread and wine with care and respect, out of sense of the value both for what has been set apart by the Word to bear the presence of Christ and of God's good creation.

When to commune

At the time in the worship service for Holy Communion as the Communion servers begin to serve those in the sanctuary Pastor Lynne will address those who are watching from home, with the traditional words: "This is the body of Christ given for you." And "This is the blood of Christ shed for you."

For those not receiving you may give the blessing: "The Lord Jesus loves you and blesses you today and always."

Then take time for silent reflection or prayer until the worship service continues.

What do we do with Bread/Wine/Juice not eaten or drank?

Any food that remains may either be fully consumed by participants or returned "to the earth" - scattered on the ground for the birds and to water the plants. (Use of the trash or sink/sewer to dispose of the bread/wine/juice is not fitting or proper.)

The forgiving peace and assurance of Christ be with you!