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## Holy Communion and Online Worship

Holy Communion is God's gift for our faith. With the words, "this is my body given for you... this is my blood shed for you," God promises to come to us in a most intimate way, into our very selves. God is with us in a real way, and we can feel, taste, smell God's presence in the elements of bread and wine. Holy Communion is an act of love. It is God's love physically entering into us.

In preparation for receiving God's grace in this sacrament, I invite you to ponder and wonder what it is about communion that is important to you. Imagine and delight in God's pleasure in coming to you in Holy Communion. Reflect on our connection and responsibility to people throughout the world, and our connection to all of creation as the Spirit of Christ unites us. I include a poem that speaks to communion in quarantine.

### **An Order for Communing in a Pandemic**

*by Anonymous*

She took a loaf of bread,  
broke it and gave it,  
half to the hungry, the poor, the millions  
whose gap-toothed pantries  
are emptying,  
dwindling sand racing  
through the widening neck of an hourglass  
and she felt the weight  
of a sacrament pressing  
into her soul  
as the body and blood of Christ  
spilled out of doors,  
into streets,  
into homes,  
flowing as freely,  
as slick and messy,  
as uncontrolled,  
as it did from his own tortured body,  
as if God really could be present

everywhere and in everything.

from Diana Butler Bass, *On Hoarding Eucharist in a Hungry World*,  
<https://churchanew.org/blog/2020/05/01/butlerbass1?fbclid=IwAR13bZOFVkJGKC NcxV1ADD71FCP9122kZBMq8kXCQnRWAFPRDZwXhOUbskOs>, accessed  
5/19/2020.

## Preparing for Holy Communion in your home

1. Set your mind and heart in anticipation of God about to enter your day.
2. Set a place for communion. It can be where you eat meals. It can be at a table, on a TV tray, or on a coffee table. A cross or candle or some other spiritual symbol can be included.
3. The bread should be a form that you typically eat for meals, such as a slice of whole wheat, a bagel, a saltine cracker. Any type of bread you commonly eat is preferred.
4. The “wine” can be any type of wine, red or white. It can also be any type of juice or other beverage you typically include with meals. Water is a good alternative to wine and was historically used when wine was not available.
5. Set the elements out prior to the worship service.
6. Give yourself a few moments of quiet and rest before beginning.
7. Even though the communion service is recorded ahead of time, the Holy Spirit of God is present always and transcends time. This communion takes place in Christian community even though at different chronological time and virtual place.