

PREPARING FOR ONLINE COMMUNION

Each Sunday, when together we profess our faith, we affirm our belief in “the communion of the saints.” This communion of the saints has become a very real component of our faith during this time of COVID-19. We cannot be with one another and we cannot gather in one physical place. We feel this loss of fellowship acutely, especially when we want to approach the Lord’s Table.

So, in extraordinary times, how will we come to the Table? As is often said: extraordinary times call for extraordinary measures. Even though we are not visibly together, we are truly together because of our union with Christ. If each of us is joined to Christ by virtue of our faith and baptism, then we are also joined to one another as the one body of Christ. This is our true communion.

In normal times, when members of our congregation are homebound, we take communion to them. This is called extended communion. Well, we are all homebound now and with the approval of the Session we will, just in these extenuating circumstances, offer communion online to our homebound congregation.



HOW TO PREPARE COMMUNION ONLINE

Participate with Your Household

We encourage you to participate with your household. John Knox, one of our Presbyterian forebears, encouraged families to participate together in worship and would celebrate communion in people's homes. This is a tradition we can call on.

Prepare the Elements

Prepare ahead of time by having grape juice (or wine) in individual cups and individual portions of bread or crackers. You can even bake your own unleavened bread at home. Unleavened bread is simply bread baked without a rising agent.

Examine Your Heart & Relationships

Before coming to the Lord's Table, examine your heart and relationships and take steps toward forgiveness and reconciliation. Especially seek forgiveness from the Lord, perhaps by praying the words of David in Psalm 51:7-12:

Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.

Let me hear joy and gladness;
let the bones you have crushed rejoice.

Hide your face from my sins
and blot out all my iniquity.

Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Do not cast me from your presence
or take your Holy Spirit from me.

Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

Prayerfully Reflect on Thankfulness

Since Communion is also called “Eucharist” (Thanksgiving) and the “joyful feast of the Lord,” spend some time reflecting on things for which you are thankful, for things that have given you joy, and prayerfully express your gratitude to the Lord.

Participate Online

During the online service, as the pastor directs, partake of the bread and the cup, knowing that your brothers and sisters in their places are communing with you.

Indicate Your Participation

At the conclusion of the service, please complete the sign-in form located on our website at firstprescos.org/watch or email stories@firstprescos.org as an indication of your participation.

Finally, Remember These Words:

“There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.”

Ephesians 4:4-6