

## COMMUNION

The sacrament of communion invites us to embody and rehearse the story of Jesus because in so doing we find ourselves more and more formed by his life, death, and resurrection. When practiced over and over again, communion presses the story of Jesus our liberating king—and our identity as his missionary disciples—deeper and deeper into our bones.

We receive communion each week as a response to the word of God we have heard, as a way to pay attention to the presence of Christ who is with us, and as a way to participate in the life of Christ as a family.

\*Continue below



When you respond by receiving communion, there are a few things to know:

1. You will not be released row by row, come forward to receive the elements when you are ready.
2. The flow will go from left to right, receiving the bread first and then the juice.
3. Gluten-free elements are available at the front right table marked by a beige cloth.
4. If you are uncomfortable coming forward to receive communion, there are prepackaged elements available in a basket near the left and right side of the stage.
5. If you are unable to navigate the stairs, simply raise your hand and our ushers will be happy to bring the elements to you.

Scripture to consider: Matthew 26:26-30; Acts 2:42-47; 1 Corinthians 11:23-26.

