

Sharing in Communion

Over 2000 years ago, at the meal with his followers, Jesus used bread to be a sign of his own body. He told them

This is my body.

When it is broken and shared

It is broken and shared for you.

Break it open

So, take this bread – in it God comes to us, so that we may come to God.

And when you come together, say these words:

In this bread

God comes to us

So that we may come to God.

Over 2000 years ago, at the end of the meal with his followers – just before Jesus was arrested and put to death, he picked up some wine and told them -

This wine is a symbol, a picture, of the new relationship with God that will be able to happen when I die.

So drink the wine, remember his death, and be glad - because in it God comes to us, so that we may come to God.

And when you come together, say these words:

In this wine

God comes to us

So that we may come to God.

Thank you God for this bread, for this wine, for your love, for your presence, and for one another.

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