



## St Mark's Lutheran Church, Winnipeg, MB

### A Check List for Preparing a Table for Receiving Communion at a Distance

#### General Instructions

1. Holy Communion will be part of our regular online worship. Access the service through the [Online Worship page](#) on our website or by visiting our [Facebook page](#).
2. We encourage those wishing to participate in communion to worship as an online community on Sunday morning at 10:00 AM.
3. Prepare your home communion table 10 or 15 minutes in advance of the start of the service.

#### How to Prepare a Home Communion Table

1. Choose a location that will be comfortable for all those in your household who will be participating. This can be a dining room or kitchen table or maybe a coffee table. The chosen location should allow all those participating to be able to see the screen on which you are viewing the service.
2. Lay out a table cloth.
3. On a kitchen plate or small platter, place a sufficient number of small pieces of bread or wafers (one per person). The bread can be store bought or home made. It can be made of wheat flour or another grain if gluten needs to be avoided. Place the plate or platter on the table cloth.
4. Pour a small amount of wine or grape juice into a wine glass or an ordinary drinking glass. Prepare as many glasses as the number who will participate. Place the glasses on the table cloth.

*NOTE: As a guide, the quantity of wine or grape juice poured for each person can be roughly equivalent to what would be received at a public communion service. It is customary that all wine that is poured and consecrated be consumed at the end of the communion liturgy.*

5. Just before the service begins, you may wish to light a candle and place it on your table. The burning candle reminds us of the presence of the Holy Spirit.
6. You may also wish to place a small bowl of water on your table as a reminder of your baptism. As the service begins, you may dip a finger in the water and make a sign of the cross on your forehead.
7. Copies of the Communion Liturgy can be downloaded from the [Online Worship page](#) of our website.

## **Distribution of the Elements**

At the point of the communion liturgy when the elements are distributed, the Pastor will take a piece of bread. You should do the same.

As the Pastor says the following words, repeat them as you place a piece of bread in a family member's hand. Take turns serving each other. You may also simply serve yourself repeating the same words.

P: The body of Christ given for us.

**You: The body of Christ given for us**

The same process will be repeated for distribution of wine or grape juice.

P: The blood of Christ shed for us

**You: The blood of Christ shed for us.**

## **Assistance in Accessing Communion Elements**

If you do not have easy access to wine, grape juice or bread, please contact Sarah Harrington by the Wednesday prior to the Sunday service to arrange a way to get church wine/juice and wafers/bread to you.

You can phone her at (204) 269- 2321 or email her at [sea103@hotmail.com](mailto:sea103@hotmail.com)