

Holy Communion

Gloria Dei will celebrate Holy Communion on some Sundays during its online worship services. This time of pandemic is an extraordinary situation that calls for the full presence of Christ in Word and Sacrament, not just for the sake of us as individuals or for our family but so that we can be strengthened to serve our neighbor who is suffering and in need.

We gather. We hear the Word. We share the meal. And we are sent back out to be the church in a time of pandemic, our own service a sacrament for the world. While virtual community may not hold all the nuance, depth, and power that an assembly of the faithful does on Sunday morning, it most certainly is the way that the body of Christ is being truly present to each of us in this moment. For most of us, this assembly is a genuine, faithful, Spirit-filled assembly. [Visit our website.](#)

As always at Gloria Dei, we will celebrate the fullness of the rite: Word proclaimed and sacrament administered within a Great Thanksgiving that blesses bread and wine as well as one another as recipients of God's unconditional grace. We have some particular instructions below that will help you prepare so that we can with reverence and with great care celebrate Christ's love in bread, wine, and in the whole assembly. We encourage our community to gather in one of the live events so that we truly make an assembly across distance around the table, with open hands and eager hearts.

For in-depth contemplation on Holy Communion while in online worship, please read [Pastor Bradley's blog.](#)

How to Prepare for Holy Communion at Home

We invite everyone to "Set the Table." Make a special place for holy communion in your home. Choose a special cup or plate. Light some candles. Set out a tablecloth. Make a space much as you would if you were hosting a special guest, which, of course, you are - Christ Jesus. Take a picture. Share it on social media. Send the church your picture. We want to see this beautiful assembly of tables set with love.

It doesn't matter what kind of bread or wine or juice that you use. However, if you want to have a sense of sharing the same loaf, try baking the bread we make at Gloria Dei ([click here for the recipe](#)). You can watch [Pastor Javen's cooking demonstration](#) as he shows us how easy it is to make the bread Gloria Dei uses. No yeast necessary.

You can use it for communion, then eat the rest for lunch that day. If you don't finish it all, feed it to the birds as a gift for creation.

When we reach that point in our service, if you live with other people, distribute it to one another. Say, "The Body of Christ, given for you," and "The blood of Christ shed for you." If you live by yourself, we will include words in the online service where one of the worship leaders says these same words **for you** while you eat and drink. This way, all of us receive this wonderful gift together.