



# A Guide to Prepare for Communion at Home

## Holy Communion

*Holy Communion is a sacrament and by nature communal. What follows is a simple guide to receiving communion at home.*

### 1. Plan to Join Worship at 10:00

*whether by Facebook, YouTube, or Sermon by Phone so that we can be a gathered community in Christ.*

### 2. Consider Creating an Altar

*This can be as simple as only a candle and your Bible or more involved by adding a cross, Christian symbol, or a plant. Consider placing this in front of you, in the middle of your room,*

### 3. Setting up Communion

#### Elements

Have a form of bread that can be broken into pieces and grape juice. Crackers, other types of juice, or water are fine. Keep it simple and sacred by not embellishing your bread or using flavored crackers, chips, or coffee.



#### Plate and Cup

Find a special cup and plate that is not frequently used .

**During:** you will be guided in the liturgy and your prepared items will be consecrated. You will be invited to “break the bread” and receive it, sharing with one another if others are worshipping with you.

**Before:** place elements on the plate and in the cup; covering each with a napkin. Then place on your altar or some other visible special place in the room.

### 4. Disposing of Leftover Elements

The items you prepared will be consecrated elements in need of disposing in a sacred way. They can be either consumed or returned to the ground (for that is from where they came). The latter can be done by pouring the juice in the ground and breaking any bread apart and scattering on the ground.