

## Communion

Communion is offered at both the 8:30 and 11:00 services with few exceptions. You may choose to use the common cup, an individual cup, or intinction (dipping the wafer in the common cup). Children who have received training for their First Communion are invited to participate, younger children are invited to come forward with their parents and receive a blessing from the Pastor.

**PREPARATION FOR HOLY COMMUNION** The Miracle of the Sacrament The Scriptures teach and we believe that something unexplainable occurs between God and His people in the sharing of Holy Communion. In, with, and under the bread and wine, the Lord offers His Body and Blood to strengthen the faith of believing Christians. I Corinthians 10:16; 11:27 Those who receive the Sacrament in faith receive what Christ promised, "...the remission of sins." Matthew 26:28, John 6:53 &ndash; 58. We request that only those who accept and understand the following basic truths share with us in the privilege of the Sacrament. **WE BELIEVE**+We need God's forgiveness for "all have sinned and come short of the glory of God." +God in His love sent His Son to pay the price for our sins on the Cross, and the "blood of Jesus Christ, God's Son, cleanses us from all sin". +True repentance from sin is a necessary part of proper preparation for the Sacrament as Scripture declares, "a man ought to examine himself before he eats the bread and drinks of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself." +Holy Communion is the tangible assurance that we have been forgiven for the Word promises, "the Body of Christ is given for you". +The Risen Christ is Really Present in the Sacrament, and with the Bread and Wine we receive His True Body and Blood.

**Communion Tips - Rail Communion:** Communion flow starts at the front of the center railing. Please kneel as soon as you arrive at the railing. The first person to arrive at the railing is the first to leave the railing after being dismissed by the communion assistant. Individual cups (if chosen) may be left in baskets on the way back to your seat. **Line Communion:** After receiving Christ's Body & Blood, the Altar railing is available for those who would like to spend some time in prayer prior to returning to their seats. Ask an usher if you have any questions.