

Distribution of Holy Communion St Peder's Lutheran Church

THANK YOU for your service to the congregation as a Communion Assistant. You have an important role in the worship life of St Peder's: distributing the gifts of this sacrament means you stand in Christ's stead as you offer his life-giving meal to all who come to his table.

These instructions are written to help you do the task you've volunteered to do. You do not make the bread and wine a holy gift of grace (nor does the pastor)... we are simply servants and Christ works through us. Though we do not expect perfection, a uniform method of distribution is in good order and serves the worship – and the people – best.

If you cannot serve on the date you've signed up for, please find a replacement if you can... and notify the church office.

1. On the day you're serving, come to the altar immediately after the Lord's Prayer (as the congregation begins to sing the Lamb of God).
2. The Pastor will commune you and the acolyte during the Lamb of God.
3. You will serve either the bread or the wine... take the tray or the chalice (and cloth) from the pastor. We begin serving at the SIDE of the altar railings, working toward the center.
4. If you serve the bread, please BLESS the young children not communing. (I generally lay my hand on their head and say something like, "Jesus loves you very much and he's always with you.")
5. When serving the BREAD, hold the tray in front of each person and say (to each person) THE BODY OF CHRIST GIVEN FOR YOU.
6. When serving the WINE, pour carefully into each cup (if you're concerned about how much, remember *less is more*), saying to each person THE BLOOD OF CHRIST SHED FOR YOU. You may need to wipe the lip of the chalice after each pouring motion.
7. GRAPE JUICE is available for those who request it. There are also gluten-free wafers.
8. After everyone has communed at the table, the pastor may request you to commune those in the pews unable to navigate to the railing. Please take cup(s) with you.
9. FOR INTINCTION...(Wafer is dipped into wine and two elements are taken as one) There will be two stations at the bottom of the chancel stairs. If you are serving bread, please place the wafer into the hand of the communicant, saying *the body of Christ given for you*. If you are serving wine, as the person dips their wafer into the element, say the words *the blood of Christ shed for you*. As before, the bread server will bless the children not communing. Wine/grape juice servers should stand about 3 feet from the bread servers to allow for smooth flow of movement. There will be two chalices for each station – the ceramic one holds grape juice. If you are serving bread and the person eats theirs, please give them another wafer to dip into the wine.
10. Regarding INTINCTION... the pastor (presider) will always serve bread, since pouring the wine is not needed.