

COMMUNION

Sanctuary, October 2020

A simple liturgy to do with a household or alone, united always by the Holy Spirit with the wider body of Christ.

LIGHT

Jesus says: “Listen, I am standing at the door and knocking. If you hear my voice and open the door, I will come in and eat with you, and you with me.”

Thank you, Jesus, for this promise,
and for your presence here now.

☞ *Light a tea light candle
as a reminder of Christ’s presence.*

‘Can God set a table in the wilderness?’
The people asked; they put God to the test.
Then God commanded the clouds above
and opened the doors of heaven.
God rained down manna for them to eat
and gave them the bread of heaven.
Mere mortals ate the bread of angels,
which God gave them in abundance.

It was heaven’s bread, the perfect meal
for our deepest hunger and hope.

We, too, are in a wilderness. Our individual bodies must be physically apart. We eat alone, or we eat with our family: but we cannot eat with all our friends. Yet through the power of the Holy Spirit, which unites God’s people of every time and place, we remain members of one body, with Christ at the head: Christ be our light.

PREPARATION

Forgiving God, we admit that our individual lives, the life of our community, and the life of the world are shadowed by our sin.

- ➔ *Pause for reflection. Sin is anything which damages or disrupts the shalom, peace and wholeness which are God's desire for the world. Sin can be individual or corporate, involve action or inaction, and be directed against yourself, other people, or the earth. What comes to mind? What do you need to name before God?*

Thank you, God, for your forgiveness, your release, and your healing. Christ be our light: Amen.

- ➔ *You might like to mark yourself with the sign of the cross as a sign of accepting forgiveness.*

BREAD

Blessed is our God, both guest and host, who unites us across time and space and invites us to share in communion.



Let us hear the story of how it began: On the night that he was betrayed, Jesus sat at the table with his friends. Just as he did when feeding crowds in the wilderness, he took bread, blessed it, broke it, and gave it to them, saying, 'Take, eat, this is my body.'

Loving God,
we cannot be at a table with many friends;
we cannot be in a crowd.
But just as you heard the grumbling of the Israelites
and rained down food from heaven,
you hear our grumbling in the wilderness now.
You know our deepest hunger, and you feed us.

Let us receive what we are:
let us become what we receive:
the body of Christ.

➡ *Eat bread / crackers.*

WINE

After supper, Jesus took a cup of wine and gave it to his friends, saying, 'This cup is the new relationship with God, made possible through my death. Drink, all of you, to remember me.'

Patient God,
even when you have showered us with gifts,
like the wandering Israelites
we still wonder if you are with us.
Just as you made water flow from a rock,
make living water flow
through our dry and dusty hearts.
Lead us to streams in the wilderness;
refresh our relationship anew.

Let the blood of Christ
keep us in full and flourishing life.

➡ *Drink wine / juice.*

PRAYER

Through taking bread and wine as one people,
spiritually together although physically apart,
we have renewed our unity with the body of Christ.
We have renewed our solidarity with the suffering.
We have renewed our communion with the earth.
Christ came to reconcile all things,
so for all things let us pray:

☞ *Pray for others and the world.*

Tender God, as this time of prayerful communion draws
to a close, draw us ever more deeply into your community
of love. Help us to seek nourishment only from you, in all
of our wilderness-wanderings. Amen.

BLESSING

May the God who sets a table in the desert;
who feeds multitudes from a child's generosity;
who feeds us with his own flesh and blood,
nourish and sustain us, and continue to transform us
into the image of Christ. Amen: Let it be so.



*Written by Alison Sampson for
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