

HEARTS @ HOME



Home Holy Communion Liturgy

CREATING AN ALTAR TABLE AT HOME

- + **Add liturgical color to your space** - *Maundy Thursday=Red; Good Friday=Black; Easter=White*
- + **Add a small bowl with water** - *This is a reminder of our baptism.*
- + **Add a small candle to light as you worship** - *This is a reminder of the light of Christ.*
- + **Add a small cross to the space**

- + **Prepare your table for a meal** - You could include special dishes, place cards, or decorations; include some **wine or grape juice** and **bread** (*homemade, easy bread recipe found at the end of this document – prepare in advance*)

- + **If you are a household of two or more** invite each person to share in some aspect of this liturgy, and be sure to include all who are able to share in this meal; together, you are connected to the whole body of Christ.

- + **If you are a household of one** Christ promises to come to us through the word and sacrament, and you are connected to the whole body of Christ when you speak these words and share in this meal.

A NOTE ABOUT WORSHIP + HOLY COMMUNION

The church is anywhere people gather in Jesus' name. When we cannot meet in a church building, God continues to be present in the creative and intentional ways we gather for worship. Therefore, when you gather in Jesus' name, your home is church, too.

Holy Communion is a special meal we celebrate when we worship. The bread and wine are mysteriously the *real presence* of Jesus Christ, and we trust that Jesus is really with us in this meal. When we cannot gather for this meal in a church building together, it is acceptable to either:

- + 1.) **Fast from Holy Communion** until you can worship with others in your church building, OR
- + 2.) **Use the liturgy in this worship service to celebrate Holy Communion in your home.**

LITURGY

- + **SCRIPTURE +**
(Read the scripture assigned for the day)

- + **REFLECTION ON GOD'S WORD +**
(Take some time to reflect on God's word, or tune into your pastor's video sermon)

- + **CONFESSION & FORGIVENESS +**

When the church gathers for Holy Communion with all the saints from every time and place, we hear again the story of God's power and the love shown to us through Jesus' life, death, and resurrection. **We share this word of life, and this bread and cup of blessing, that we may receive these same gifts and be strengthened by the whole Christian community.**

Hear us and help us as we confess our sins.

God of mercy, we have failed and become broken in more than one way; we are quick and careless with our words, instead of speaking with truth and kindness; we have been irresponsible with your creation, neglectful of our neighbors, and selfish with what you have provided. We dwell in fear of the unknown and anxiety about the future, instead of trusting your faithfulness and love for us. Please forgive us, fill us with your abundant mercy, and guide us toward a life of healing and wholeness.

God is good, and loves us unconditionally, at all time and in all places. By grace we have been saved. In the name of Jesus Christ, our sins are forgiven. **AMEN**

+ WORDS OF INSTITUTION +

(Holding the bread) In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying, "Take and eat; this is my body, given for you Do this for the remembrance of me."

(Holding the cup) Again, after supper, he took the cup, gave thanks, and gave it for all to drink saying, "This cup is the new covenant in my blood, shed for you and all people for the forgiveness of sin. Do this in remembrance of me."

When we eat this bread and drink from this cup, we proclaim the Lord's death until he comes.

(Tear the bread, share with each person – invite them to dip into the cup of wine/grape juice)

+ LORD'S PRAYER +

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done,
On earth, as in heaven.
Give us today our daily bread.
Forgive us our sins
As we forgive those
who sin against us.
Save us from the time of trial
And deliver us from evil.
For the kingdom, the power,
And the glory are yours,
Now and forever. **AMEN.**



+ SHARING THE MEAL +

- + When giving the bread say, "The body of Christ, given for you."
- + When giving the wine/grape juice say, "The blood of Christ, shed for you."

+ PRAYER AFTER COMMUNION +

In the mystery of Christ's resurrection, you shine light into the darkness, provide water that brings new life, and give bread that nourishes your people and frees us from our fear. Help us be witnesses of the resurrection and empower us to show your glory to all the world, through Jesus Christ, our risen Lord.
AMEN

+ BLESSING EACH OTHER +

*Using your pointer finger, dip it in the bowl of water, and make the sign of the cross on another's forehead or the back of their hand saying, "You are a beloved child of God."
Take turns until each household member has been blessed.*

+ CLOSING WORDS +

Called to walk together as the body of Christ, let us abide with one another in peace.
Thanks be to God.

Communion Bread Recipe

From Luther Seminary to your table

Sift dry ingredients together **three times**: (important!)

2 c whole wheat flour
1 c white flour
1 & 1/4 tsp baking powder
1 & 1/4 tsp salt

Stir in 4 tsp oil. Set aside.

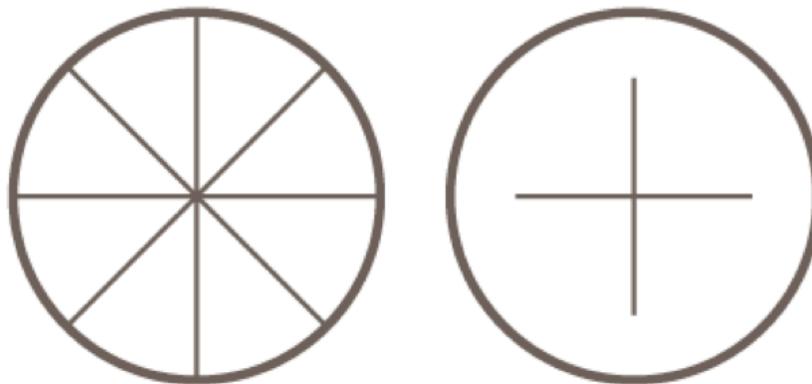
Mix wet ingredients together until dissolved:

3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)
3 Tbsp honey
3 Tbsp molasses

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.

Divide into four balls and flatten each into a 1/4 inch thick disk.

With a knife, score the top of each loaf into eight pie-shaped sections, so that the sections can be more easily broken off while serving. Alternatively, you could score a cross onto the loaf.



Lay the loaves on a baking sheet. Bake at 350 degrees for 10 minutes. Remove from oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool.

Yield: four 8 oz. loaves. Each loaf serves 60-70 people, depending upon the size of the piece given. The loaves freeze well.

