

Holy Communion: Frequently Asked Questions

Why do we call it communion?

The Lord's Supper, Holy Communion, Eucharist and the Sacrament of the Table are all appropriate names for the event of remembering the life, death, and resurrection of Jesus. Different names have different emphases, and different denominations tend to use one name over another. Communion focuses the sacrament on the community.

What is a "sacrament"?

United Methodists have two sacraments, Baptism and Holy Communion. A sacrament is a "means of grace" (John Wesley, founder of Methodism) where we encounter the grace of God in a particular way.

Who is allowed to take communion?

In the United Methodist Church we practice "open communion." This means that "all who intend a Christian life, together with their children" (UM Book of Worship, p. 29) are invited to communion. You do not have to be baptized, you do not have to be a member of the church, you do not have to be without sin, and there is no formal "first communion." A person's understanding of communion may grow and change over time.

Why is today's communion longer?

In recent years at Christ Church the practice has been to share in *anamnesis* (remembering Jesus in a narrative form) and the *epiklesis* (where the pastor asks the Holy Spirit to be present in the bread, juice, and gathered community.) Today (and in December) we are experimenting with using a longer communion setting to see how it feels to be more intentional with communion. **Your feedback is welcome!**



8:00 am – Worship and Communion
in the Chapel
9:00 am – Worship in the Sanctuary
11:00 am – Emergent Worship in the
Education Conference
Center
6:15 pm Wednesday Worship

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To Live, Love and Serve as Jesus Teaches
An inclusive church where all are welcome!

November 1, 2009

11:00 am

Today at Emergent Worship

Gather:

Gathering Music

Welcome, Centering, Praising

Sharing our Joys, Concerns, and Prayers

Encounter God's Word:

Word:

Isaiah 25:6-9; Revelation 21:1-6a

Message:

"Vision"

Pastor Amanda Larsen

Responding:

Holy Communion

In the United Methodist tradition, all are welcome!

ReEntering:

Praising

Blessing

Closing Music

Welcome to Emergent Worship

Emergent worship comes from within the community. The origin of the word liturgy is λειτουργία (leitourgia in ancient Greek), “work of the people.” Emergent worship is liturgy. Members of our community provide some of the ideas for this service.

Each service has several elements that do not change from week to week. We take time to center ourselves and we take time to reenter the world. Other parts of the service change each week, especially how we connect to God’s words and the music we use to praise God.

Portions of today’s liturgy come from *Enriching Our Worship* (1997)

Remembering and Giving Thanks November is a time when we begin thinking about families and gatherings and celebrating. We also notice who is no longer at the table. During November at 11:00 we will be “Remembering and Giving Thanks” for those people - living and passed, who have shaped who we are. November 22 will be a Thanksgiving Celebration with an “Old Fashioned Hymn Sing.”

November 29 is the first Sunday in Advent, and we will be blessing the Advent wreath. You are invited to bring visual reminders of your own people for whom you give thanks, to be part of our altar in November.

Children are invited to sit in the front (near the action!). We do have nursery care for children through age three. However, we encourage children to worship with us. When they cry, or giggle, or shout “ba!” they remind us to praise God in all things. Quiet toys are available outside the sanctuary in worship bags. Coloring supplies are in the “loft.” Our Children have created a behavior covenant that they live into together.

Centering Breath One of the Hebrew words for Spirit is ru’ah, which is also translated as breath. Our centering breath ritual enhances our participation, sets our intention, and focuses our thoughts. This helps us to be fully present for anything, including worship.

Music for this service today is offered by Ric Owen, the Voices in Praise Choir, and special instrumentalists Merri Bremer, Scott Koon, John Lage and John McDougall.

Offering We take an offering in gratitude to God for what God is doing in our lives. You are invited to place your offerings in the basket during communion.

Encountering the Word of God is the central portion of this service. We encounter God’s words in many ways and in many places throughout the week. It is at this point in worship we are especially attentive to listening to God’s words for us.

ReEntering We take time at the end of the service to ReEnter the world of our daily lives. On a good day we leave as changed people. We share a blessing with one another to transition into a time of Christian fellowship.

If you are interested in being a part of the planning for the service (no meetings required!) or have comments about this service, please contact Pastor Amanda at amanda@cumethodist.com, or 289.4019 , x 111.