

## **Participating in Communion at home**

On Sundays where we are celebrating communion, all those who trust in Jesus as Lord and Saviour are welcome to participate wherever you are physically. In order to participate, make sure you have bread, wafer, crackers and wine or grape juice available for you and others in your household. Rev. Germaine Lovelace will be leading you through this time.

Some things to keep in mind as we celebrate communion.

1. Our Church has an open table. This means that anyone who trusts in Jesus as Lord and Saviour is welcome to participate. It doesn't matter whether you belong to a different congregation or denomination, it doesn't matter how frequently you come to church. Having a full understanding of communion is also not a pre-requisite for sharing in communion. Children are welcome to participate at the discretion and under the supervision of their parents or guardians.

2. The celebration and participation in communion is intended to be done together as a community of faith. Obviously, this is more challenging in a time when we cannot meet together. As much as possible, please try to join the celebration of communion live on YouTube or Zoom at 11:00 am. We recognize that this is not possible for everyone, and that some will join later by watching the replay. Although not ideal, we see this in the same way the minister visit someone in their home later in the day or the week to provide communion for someone who was unable to be present in worship.

In 2010, the General Assembly of the Presbyterian Church in Canada approved guidelines for providing communion using technology. Since these provisions are already in place, and as St Mark's celebrates communion once a month, we believe it is important for our practice to continue.

We hope that sharing in communion in your home will be meaningful for you.