

Holy Communion at Home



In **Holy Communion**, the bread and cup become for us the body and blood of Jesus Christ as we repeat the words Jesus spoke to his disciples the night this meal was first celebrated. Under normal times, an ordained minister speaks the words, blessing the sacrament. These are not normal times. Inspired by Martin Luther's assertion that leader(s) of each household are "bishops" of the home, we suggest celebrating the holy meal at home. Here's one way to do it:

Preparations

Read a passage from scripture, like Acts 2:42-47. Place the bread and cup on a flat surface. Light a candle or two if you can, and you are ready to begin.

Holy Communion Liturgy

Designated Leader: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you. **And also with you.**

We prepare our whole selves for the nourishment and gift of this meal. In it we find forgiveness, encouragement, and hope. We appreciate the forgiveness more deeply once we have taken a moment to think about our specific need to be forgiven.

We take a moment to consider all that we have done to hurt each other and ourselves, in the presence of God and of one another. *(Pause for a moment of reflection.)*

Most merciful God, **We know that we have messed up. With our words and actions, we have not always been kind to others or to our own selves. We are afraid of what is happening, and we forget that you are with us all the time to give us peace. Forgive us and renew us.**

God is mercy and love. Whatever Good you find, that's God. And no matter how much we fall short each day, God's love never runs out. We are forgiven and ready to share Holy Communion, because of Jesus Christ. **Amen.**

Words of Institution

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. 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 for all people for the forgiveness of sin. Do this for the remembrance of me. For as often as we eat of this bread and drink from this cup, we proclaim the Lord's death until he comes.

Lord's Prayer

**Our Father, who art in heaven, hallowed be thy name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory, forever and ever. Amen.**

Communion Distribution

Share the bread with each person, saying,

“The body of Christ, given for you.”

Then share the wine or grape juice with each person, saying,

“The blood of Christ, shed for you.”

Prayer After Communion

Life-giving God, in the mystery of Christ's resurrection you send love to conquer fear, and the bread of life to nourish your people. Send us forth as witnesses to your Son's resurrection, that we may show your glory to all the world, through Jesus Christ, our risen Lord. **Amen.**

Adapted from a liturgy written by the Rev. Lisa Lewton, St. John Lutheran Church, Dickinson, ND

Communion Bread Recipe From Luther Seminary to your table

(This recipe yields 4 loaves. The bread freezes well.)

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

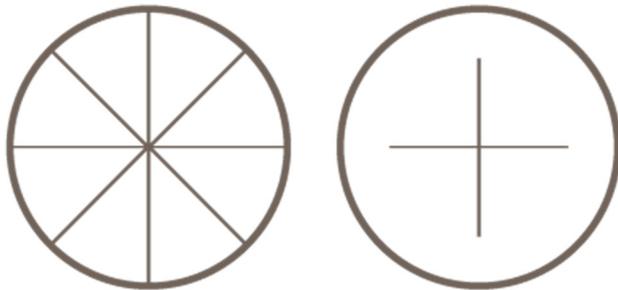
3 Tbsp molasses (key to it tasting great!)

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.