

# Invitation to Communion

At meal-tables around the world, strangers become friends, and friends become family. In Holy Communion, we are invited to the Table of the Lord. No conditions, no coercion, just words of welcome and promise: “this is my body, given for you.” We are glad to have you worship with us! All guests are welcome to share in the Lord’s Supper.

Ushers will direct you forward to receive communion. White grape juice and gluten-free wafers are available. Please request from your server. If medical/health concerns give you reason to avoid the wine or bread, please remember the teaching of the Christian Church that Christ is fully present in either element alone, bread or wine. Communion preparation is offered each year for 5<sup>th</sup> grade and younger. Children who do not yet commune are invited for a blessing.

