

LIVE-STREAMED WORSHIP COMMUNION AT HOME

Faith Lutheran Church, Cedarburg
Pastor John Norquist

Since this pandemic began our congregation has been fasting from Holy Communion, with the exception of in-person outdoor services over the summer and early fall. While I was initially uncomfortable with the idea of “virtual” communion, my thinking has changed as the pandemic has worn on. It may be a long time before everyone is able to safely gather for corporate worship. Holy Communion is central to our identity and vocation as disciples of Jesus whether we are physically together or not. While ideally shared as a community gathered in a single location, Jesus’ body is not limited by this. The altar table in our sanctuary is connected to mealtime tables in your homes, which are also places of prayer and thanksgiving blessed by Jesus’ real presence. I have decided to offer these instructions for families and individuals who would like to participate in Holy Communion through our live streamed worship services until we are able to physically gather again.

WHAT TO USE

You may use any bread, wine or grape juice that you have on hand in your home. Alternatively I have provided a recipe for communion bread used at church that you can bake at home (note that it makes a lot- you might want to reduce the ingredients!) There are also pre-filled communion cups with wine or grape juice and a wafer that you can pick up at church during office hours at your convenience.

WHAT TO DO

I suggest gathering at the table you use for your daily meals, although any table will do. You may want to light a candle and use a special plate and cup. These can be set out ahead of time so that you are ready when this part of the service begins. I’ll lead a prayer and the words of institution followed by the Lord’s Prayer. If you are alone you may serve yourself, or if you are with others it is preferable to serve each other using the words, “The body of Christ given for you” and “The blood of Christ shed for you”. Once worship is over you are welcome to consume whatever is left.

If you have questions about this please call me. I intend to begin this practice at our Christmas Day service and continue at our Sunday morning live stream.

COMMUNION BREAD RECIPE

2 cups hot water
2 tablespoons olive oil
2 tablespoons honey
1 tablespoon molasses
1 tablespoon salt
6-7 cups whole wheat flour

Mix all of the ingredients minus the flour in a mixer. Slowly add flour until the dough wipes clean off the sides of the bowl. Mix 5-7 minutes. Divide recipe into 6-7 equal balls. Pat each ball into a ¼ inch thick circle. Use a knife to score a cross on each loaf. Bake at 400 degrees for 12-14 minutes. Cool on a rack. Wrap well and freeze until needed.