

## **The Lord's Supper at Church of the Apostles**

Over the years, we've had a number of people ask about how communion is to be received at Church of the Apostles. This FAQ is to help you feel comfortable on Sunday morning. Please always feel free to ask an usher or clergy member about anything. There are a lot of ways people approach the Lord's Table - and many are appropriate.

The most important thing to remember is that communion is a time for reflection and prayer - receiving the gifts of Christ's grace as we remember Him as He commanded us.

### **What is your theology of communion?**

Anglican tradition allows for a tremendously wide variety of opinion on this matter. It's important, but it shouldn't divide us as believers in the family of God. In short, we believe that there is more happening than simply a memorial remembrance, but that the bread and wine remain bread and wine. As we come in faith - real grace is given, and the Lord feeds our souls with His body and blood.

### **Who may receive communion at Apostles?**

We invite all Christians that have been baptized and who are in relationship with Jesus to receive communion - but we don't ask to see credentials. It's between you and the Lord whether it's appropriate for you.

### **When should I go forward?**

After the prayers, those who are serving, leading music, and on prayer teams are served. Then, the ushers dismiss the congregation to come forward row by row.

### **What if I can't go forward, but want to receive communion?**

Just let an usher or a friend know - we'd be happy to bring it to you in your seat.

### **What about kids?**

We leave this up to parents' discretion. For babies and young children, we generally pray a prayer of blessing for them. For older children - we look to the parents for guidance. If your kids have been baptized and have a relationship with Jesus - we'd love for them to receive.

### **How should I receive the bread?**

We use wafers at Apostles. Just come forward to any station with your hands out, and the priest or deacon will give you a wafer and speak words of life and the

gospel to you. If you come from a different tradition, and are more comfortable receiving it differently, we're happy to accommodate. Just let us know.

### **How should I receive the wine/grape juice?**

- We use a "common cup" chalice at Apostles - and there are a few ways to receive.
- You can take the elements separately - eating the bread and then sipping from the cup.
  - You can take them together (called "intinction") by dipping the wafer into the chalice.
  - You can take just the wafer - make the sign of the cross over the chalice with the wafer.

The chalice bearer will speak words of life and the gospel while you receive the cup.

### **What if I choose not to receive communion?**

You can come forward to a station with your arms crossed over your chest, and the clergy will pray a brief prayer of blessing for you, or you can remain in your seat for prayer, worship, or reflection.

### **I have a gluten issue. What should I do?**

Every communion station has gluten-free wafers available - just let us know when you come up.

If you've got a very serious issue like celiac disease, we are ready to accommodate you as well. It's helpful if you let an usher know before the service so we can expect you. Please use the first station. The priest or deacon will have you take a wafer from an uncontaminated plate and take gluten-free wine by intinction (dipping the wafer).

### **I have an alcohol issue. What should I do?**

For a variety of reasons, many people prefer to avoid wine with alcohol. The station on the right, closest to the worship team, is always non-alcoholic grape juice.