

An Affirmation of Worship for Communion

Just as there is natural nourishment for the body, so there is spiritual nourishment for the soul, which provides for our ongoing spiritual growth.

The bread and wine at the Holy Supper represent to us God's Divine Love and Truth. When we intentionally take this holy meal with reverence and attention, it symbolizes our making this love and truth our own, using it to power and nourish our lives, our service to others, and our spiritual journey. Thus, in this way, it is a marker of our communion with God, and with all of God's beloved children.

The Lord gave us the Holy Supper as a connective act, one that reveals to us the sanctity of everyday things. The Lord is wholly present in it. May we make an offering of our openness to God's presence and God's revealing.

Communion Prayer

Holy and merciful Lord, conscious of our need of you we come to your holy table, that you may feed us with the bread of life. We come, not trusting in our own goodness, but in your kindness and steadfast love. In obedience to your word we present ourselves before you, to keep in the way of your own appointment the blessed memorial of our redemption.

Sanctify, O Lord, with your divine presence, and bless with your heavenly grace, that which we are about to do; and, as of old you blessed the bread and the cup which you gave to your disciples, bless now the bread to be broken and the cup to be given in your name.

Grant that we may receive them in the spirit of love and faith toward you, and in peace with one another; that so we may be truly fed at your table with the spiritual food of your divine body and blood, and that the Holy Supper may be to us the sign and seal that we are your children, opening to us the mansions of heaven, and conjoining us with you for ever.

Amen.