

Holy Communion is an example of what the Church calls a **sacrament** - using a symbol, object, or action as a sign of something that is happening spiritually. God can bless us at any time, but the sacraments are special ways that he has given us to help us receive his blessings and his grace.

When we receive the bread and wine we also receive God's presence into our lives.

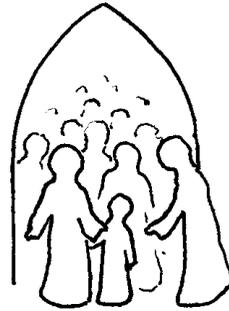
All Christians who usually receive bread and wine in their own church, of whatever denomination, are welcome to receive at [insert name of church, if this sentence is true where you are!].

If you prefer, you are welcome to come to the altar rail for a blessing instead. This is also a sacrament: an outward sign of God's blessing upon you.

How to contact us

If you would like to know more, please do contact us:

[insert all your church's contact details here - address, telephone, email, website, and social media]



Holy Communion

Eucharist · Lord's Supper · Mass

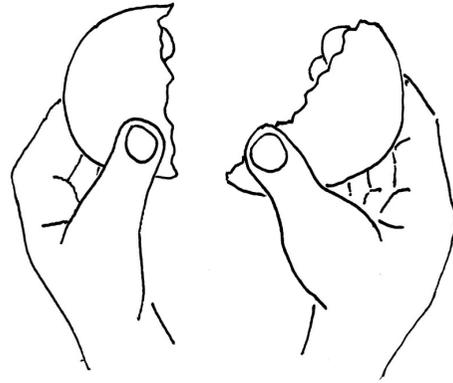


The meal that
Jesus gave us

The meal that Jesus gave us comes from what is called the 'Last Supper', which Jesus ate with his friends just before he was arrested and died on the cross.

Throughout his life and ministry, Jesus used images, stories, and actions to try to teach people about God. At the Last Supper, Jesus used bread and wine to teach his disciples about his approaching death and its meaning for them, and for us.

He taught that just as bread has to be broken in order to be shared and eaten, and just as wine has to be poured so that it can be shared and enjoyed, so he himself would have to die and be 'broken' and his blood 'poured out' so that all people might be able to enjoy a right relationship with God.



Jesus told his friends to remember what he had done, and to carry on sharing bread and wine as they met together with each other and with God. Even two thousand years later Christians still have this way of coming close to God and receiving God's grace in a special way.



Eucharist, **Holy Communion**, **Lord's Supper**, and **Mass**, are just four names for the same thing, but they each teach us something different about what we are doing when we share bread and wine in church.

- **Eucharist** is Greek for 'thanksgiving': so the Eucharist is a celebration - a party!
- When we call it **Lord's Supper** we are remembering the last supper of Jesus, and his suffering and death that showed the infinite love of God.
- **Holy Communion** reminds us of God's call to his people to live peacefully with one another. Jesus gave us a 'new' commandment: that we should love one another just as he has loved us.
- **Mass** comes from the Latin 'dismiss'. When we meet God, he transforms us, and sends us out into the world to live our lives as his people.