

A GUIDE FOR "VIRTUAL" COMMUNION

We will host a **Virtual Communion Service on Friday, July 24, 2020, at 7:00 pm**. We invite you to participate in this experience from your home via our Youtube channel or our Zoom link. The Ordinance of Communion will include foot washing (for families or groups of 2 or more), symbolic of Christ's example of humility; and the elements of bread and grape juice, symbols of Christ's broken body and shed blood.

HOW TO TAKE "VIRTUAL" COMMUNION

Preparation

1. Pick up Communion Emblems

- UIC Pick-up: Wednesday (7/22) at 1-3PM & Thursday (7/23) at 4-5:30 PM

2. Purchase

- Grape Juice (quantity depends on size of your family)
- Unleavened bread/baked crackers

3. Bake your Own

Use Handout: *Communion Bread Recipe During Corona by Donna Green-Goodman*. (This should be prepared the day before or the morning of the scheduled Communion)

4. Set aside basin and hand towels (Family or groups of 2 or more only) for foot-washing

5. Spiritual Preparation

- Revisit the gospel account on the sacrifice of Jesus. (See, Matthew 26:26-30, Mark 14:22-26, Luke 22:19-20, 1 Corinthians 11:23-29)

"Virtual" Communion

On Friday, have family dinner.

Sit down together as a family. No phone, tv, radio, etc. Just you and your family. If it is just you at home, host a "virtual dinner" with family and/or friends over FaceTime, Zoom, or Skype. During dinner, discuss the following question. You are also encouraged to develop your own questions. The goal is for you and your family/friends to spend some quality time together.

Q. During this time of quarantine, what more have you learned about:

God / yourself / someone you have been quarantined with / others?

5. At 6:45pm, please begin the ordinance of humility (foot-washing). Be ready with your elements:

- Gather your family
- Set aside warm water for your basin, and towels (families or groups of 2 or more only)
- Set out unleavened bread or crackers, and grape juice
- Set up link for children's video (optional)

6. At 7:00pm, logon virtually to: YouTube, Facebook or Zoom

This experience will include prayer, readings, an uplifting homily, and music.. The guiding pastor will direct you through the foot washing and receiving communion. All you need to do is follow along online.

The Pastor will direct you through properly receiving communion. All you need to do is follow along, online, individually or with your family.

Share With Us

After participating in "virtual" Communion we invite you to:

- Let us know how many in your home participated in receiving communion
- Share your reflections on your experience. Send email to: info@uicsda.org. Feel free to snap a quick photo and include it in your email as well.

Personal led-communion

Begin with prayer

Reading on significance Communion

Sing a song

Show children's video (families with children)

Reading on significance of Ordinance of Humility (Foot-washing)

- Fill basin with warm water
- Attendees wash each other feet
- Set aside basin/s

Reading on significance of the Ordinance of Communion

- Eat bread and drink wine

Closing song (optional)

Reflections – participants can share what Communion means to them

Closing prayer

RESOURCES FOR "VIRTUAL" COMMUNION

A. Scriptures

- a. John 6:53-58
- b. Matthew 26:26-28
- c. 1 Peter 3:18
- d. Isaiah 53:5
- e. Luke 22:19-20

B. Songs

- a. The Blood (Andrae Crouch)
- b. He Lives (SDA Hymnal)
- c. Power in the Blood (SDA Hymnal)
- d. Above all (Michael W. Smith)

C. Videos for Kids

- The Last Super (The New Covenant, Communion for kids) <https://www.youtube.com/watch?v=KywnAflnOxw>
- WHAT IS COMMUNION? RESOURCE | Kids on the Move <https://www.youtube.com/watch?v=YEXdXbkXYks>
- The Story of Easter (The Last Supper) <https://www.youtube.com/watch?v=SigoALSS1R8>