

## Having Communion at church

This is my church. I come to church. It's good to come to my church!

Sometimes it is noisy in church and people sing, dance or wave flags at the front. When this happens, it is because we are praising God. We are happy because we are together in church, and



God is here too. I can wave a flag, and dance and sing in church.

There are quiet places in church where I can sit. I can sit with my family, or on a sofa, or I can come to the front. I can stand up, I can wave a flag, I can sit, I can sing, or I can watch. It's my choice.

I have many friends in church and they are happy to see me. We are happy because we are together and God is with us.



Sometimes at church, the leader or mum or dad will say 'It's Communion'. That means that today in church we will eat a little piece of bread and drink a little bit of wine. Eating the bread and drinking the wine is a special way of thinking about Jesus and it is a special way that God is with us.

That's what having Communion is.

The Lord is here, his Spirit is with us. The Lord is God and the Spirit is God. We are very happy that God is here.

### **This is what happens when I have bread and wine at Communion**

When the leader has said a prayer, some people will hold baskets with some bread in, and special cups with some wine in. The people with the bread and wine stand near the big cross at the front, or near the big doors at the back.

We take it in turns to have Communion. That is because there are many people, so we can't all eat and drink at the same time. Mum or dad might say 'it's our turn now'. That means that it is ok to stand up and go to a person who is holding the basket of bread.

I might have to stand in a line with mum or dad until it is our turn to eat the bread, and drink the wine. Mum or dad will help me.



This is what happens when I eat the bread. The person who is holding the basket will give me a little piece. They will put it into my hand. Then I can eat the bread.



The person who is holding the cup will help me to drink a little bit of wine. I don't have to hold the cup all by myself. I can ask mum or dad to help me. If I don't want to taste the wine, it's ok to say 'no thank you'.

The Lord is here, his Spirit is with us



## **I can have a special prayer at Communion.**

Maybe I would like the person to say a prayer to God about me. They might say something like 'God bless you', and say my name. This prayer means that they are saying thank you to God because of me. God is my friend. Sometimes the person saying the prayer might put their hand very gently on my head when they are saying the words. It's ok to tell the person, or my mum or dad, that I don't want them to touch my head. They can just say the words of the prayer. If I would like someone to say a special prayer about me, I will talk to mum or dad. They will help me.

The Lord is here, his Spirit is with us.

## **I can stay sitting in my seat at Communion**

It's ok to stay in my seat and watch quietly. I can think about Jesus. I will try to remember that we are all together in church and God is with us. It's a special time and people are happy!

The Lord is here, his Spirit is with us