

INCLUDING CHILDREN IN THE LORD'S SUPPER

PRACTICES SHARED BY CHILD OF BLESSING PARTICIPANTS

Baking the Bread:

- Invite a children's class, a family, or an intergenerational group of volunteers to bake bread for Communion.
- Include bread-baking during educational events around Communion.
- Collect favorite bread recipes from among your congregation (and share them).



Setting the Table:

- Involve children, youth, or families in setting the table before worship.
- Invite young people to carry the elements into worship during a processional hymn or opening voluntary.

Sharing the Good News:

- Involve a young person as a liturgist any time Communion is shared.
- Invite worshipers to listen for "table words" during the sermon. Make sure the preaching points to the Table.
- Use the Book of Common Worship liturgy that includes a child asking questions during the Prayer of Thanksgiving (pages 130-132, Book of Common Worship 2018)
- Ask worshipers to reflect by drawing: a picture of the Communion table, a picture of the best meal they have ever eaten.
- Ask worshipers to share what they feel, smell, taste, or notice when they share Communion.

Serving the Meal:

- Invite children to come up close as the meal is shared (maybe wherever they sit during a children's message, if you have one).
- Make sure that children from the nursery are welcomed back into the sanctuary.
- Lift the elements up high so that everyone can see them.
- With the permission of your Session, include children as Communion servers, and teach them what to say as they serve.

Extending the Meal:

- Send children home with a loaf of bread at the end of worship or educational offerings.
- Talk about ways to make meal time special at home.
- Include children in preparing to take Communion to homebound members or nursing homes: cutting the bread, filling home Communion kits, praying for the community beyond your church.

