

# Practicing The Practice

## What is Celebrate Communion about?

Most of us think of celebrating communion in the context of a Christian worship service. The celebration of communion, however, is not limited to church buildings. It is a practice that extends beyond the Lord's Table to tables in homes and soup kitchens. **Whenever we take bread, give thanks, break the bread, and give it to others, we carry the celebration of communion with us into our daily lives and the world.** We remember Jesus and all the meals he shared and look forward to the great banquet where all are fed.



### \* Giving Thanks Tablecloth

**Supplies:** plain white fabric or paper tablecloth, fabric pens or markers

Gather together around your kitchen table and place a plain white fabric or paper tablecloth on the table. Offer a blessing for your time together. Talk as a household (whether family or gathered friends) about what it means to give thanks to God. Use markers or fabric pens to write words or draw pictures of things those gathered are grateful for. Use this tablecloth to remember the gifts you have received from God whenever you eat together. Pray together a prayer of thanksgiving to God.

### \* Thanks a Million

**Supplies:** Thanks a Million by Nikki Grimes or internet-connected device

Read together *Thanks a Million* by Nikki Grimes or watch the YouTube video "Thanks a Million" ([bit.ly/FMThanksAMillion](https://bit.ly/FMThanksAMillion)). (Remember: bit.ly links are case-sensitive!) Notice together all the different types of expressions of gratitude that are in the story. There are riddles and poems and letters, and these are all good ways to practice giving thanks. After hearing the story, write your own thank-you poems and share them with others.

### \* First Fixin's @ FPC

One way we feed others this time of year is through our First Fixin's holiday meal ministry. This year, we're partnering with GreenHouse17, Step by Step, Big Blue Pantry, The Nest, and the FPC Apartments to provide 150 or more meal bags. You can support this effort by creating meal bags, delivering them to clients of The Nest, and/or contributing money (which is used for \$30 gift cards in each bag for turkey and other perishables). Learn more and sign up at [www.fpclex.org/fixins](http://www.fpclex.org/fixins).

## \* Bake and Share

### **Supplies: a quick or yeast bread recipe and ingredients**

The ritual that arose from Jesus' last supper with his disciples where he broke bread is our celebration of communion, the Lord's Supper, or Eucharist (thanksgiving). The term breaking bread has come to describe a time when a meal is shared. The word *companion* comes from two words, *com* and *panis*, which mean "with bread," or one who shares bread with another. Make a loaf of bread and invite some friends to share it with you.

## \* Spiritual Practice

Spiritual practices, or those activities we do to draw closer to God and be open to God's presence in our lives, feed us spiritually and help us grow in faith. Wonder together about some of the spiritual practices that help you draw closer to God. Look at the following list of some suggestions and try them as a family and as individuals: take a prayer walk, worship God, read the Bible, make art, use a labyrinth, spend time with family, go to a Bible study or Sunday school class, serve others, sing hymns and songs, work for justice, and so forth.

## \* Prayer

Holy God, thank you for the gift of communion: giving thanks, sharing meals, being fed and feeding others. Help us to use celebrating communion as a pattern for how you want us to love you and love all your creation. Amen.

## \* Gratitude Walk

Take a walk where you live. It doesn't matter where you live; your home and the area that surrounds it is special. As you walk by yourself or with others, notice the following prompts of things you are grateful for:

- Five things you can see
- Four things you can hear
- Three things you can touch
- Two things you can smell
- One thing you can taste

As you are finishing your walk, wonder with anyone you walked with about how you can share some of these things you are grateful for with other people in your neighborhood. Some ideas might be picking up trash along your route, supporting a community business, learning people's names and greeting them, and so forth.

## \* Conversation Starters

- What does it mean to you to celebrate communion?
- What piece of celebrating communion comes easiest to you?
- What piece of celebrating communion do you need more practice doing?
- How can we celebrate communion as a family each week?
- How is God asking you to give thanks, share meals, be fed, or feed others?
- When has your experience of sharing a meal revealed something that changed your life or affected the way you saw things?

**For more ideas & resources about Celebrate Communion, visit [FPCLexFormation.org/Communion](https://FPCLexFormation.org/Communion)**