

# HEARTS @ HOME

## ENGLISH LUTHERAN AT HOME HOLY COMMUNION LITURGY

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### CREATING AN ALTAR TABLE AT HOME

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**+ Add liturgical color to your space**

- Advent=Blue; Christmas/Baptism of our Lord=White; Epiphany=Green

**+ Small bowl with water** - This is a reminder of our baptism.

**+ Candle to light as you worship** - This is a reminder of the light of Christ.

**+ Small cross to the space**

**+ Prepare your table for a meal** - You could include special dishes or decorations; include some **wine or grape juice** and **bread or in a pinch plain crackers** (homemade, easy bread recipe found at the end of this document – prepare in advance)

**+ If you are a household of two or more** invite each person to share in some aspect of this liturgy, and be sure to include all who are able to share in this meal; together, you are connected to the whole body of Christ.

**+ If you are a household of one** Christ promises to come to us through the word and sacrament, and you are connected to the whole body of Christ when you speak these words and share in this meal.

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### A NOTE ABOUT WORSHIP + HOLY COMMUNION

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The church is anywhere people gather in Jesus' name. When we cannot meet in a church building, God continues to be present in the creative and intentional ways we gather for worship. Therefore, when you gather in Jesus' name, your home is church, too.

We've fasted from Communion for most of the pandemic, not knowing how long our fast would be! This liturgy provides a way to receive communion until we can safely do pastoral visits and gather again in church. The bread and wine are mysteriously the real presence of Jesus Christ, and we trust that Jesus is really with us in this meal. While we can't gather for this meal it is acceptable to either:

**+ 1.) Continue fasting from Holy Communion OR**

**+ 2.) Use the liturgy in this worship service to celebrate Holy Communion in your home as part of our online worship if possible, or on its own if not.**

## LITURGY

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+ **SCRIPTURE** + (Read the scripture assigned for the day)

+ **REFLECTION ON GOD'S WORD** + (Reflect on God's Word, or watch your pastor's video sermon)

### + **CONFESSION & FORGIVENESS** +

When the church gathers for Holy Communion with all the saints from every time and place, we hear again the story of God's power and the love shown to us through Jesus' life, death, and resurrection.

**We share this word of life, and this bread and cup of blessing, that we may receive these same gifts and be strengthened by the whole Christian community.**

Hear us, O God, and help us as we confess our sins.

**God of mercy, we have failed and become broken in more than one way; we are quick and careless with our words, instead of speaking with truth and kindness; we have been irresponsible with your creation, neglectful of our neighbors, and selfish with what you have provided. We dwell in fear of the unknown and anxiety about the future, instead of trusting your faithfulness and love for us. Please forgive us, fill us with your abundant mercy, and guide us toward a life of healing and wholeness.**

God loves us unconditionally, at all time and in all places. By grace we have been saved.

In the name of Jesus Christ, our sins are forgiven. **AMEN**

### + **WORDS OF INSTITUTION** +

(Holding the bread) In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying, "Take and eat; this is my body, given for you Do this for the remembrance of me."

(Holding the cup) Again, after supper, he took the cup, gave thanks, and gave it for all to drink saying, "This cup is the new covenant in my blood, shed for you and all people for the forgiveness of sin. Do this in remembrance of me."

Lord, remember us in your kingdom and teach us to pray:

# COMMUNION

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## + LORD'S PRAYER +

Our Father, who art heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth, as it is in heaven.

Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those

who trespass against us;

And lead us not into temptation,  
but deliver us from evil.

For thine is the kingdom, and the power,  
and the glory,  
forever and forever. **AMEN**



## + SHARING THE MEAL +

+ When giving the bread say, "The body of Christ, given for you."

+ When giving the wine/grape juice say, "The blood of Christ, shed for you."

## + PRAYER AFTER COMMUNION +

In the mystery of Christ's resurrection, you shine light into the darkness, provide water that brings new life, and give bread that nourishes your people and frees us from our fear. Help us be witnesses of the resurrection and empower us to show your glory to all the world, through Jesus Christ, our risen Lord. **AMEN**

## + BLESSING EACH OTHER +

Using your thumb make the sign of the cross on one another's foreheads or the back of their hand saying, "**You are a beloved child of God.**"

Take turns until each household member has been blessed.

## + CLOSING WORDS +

Called to be the body of Christ, let us abide with one another in peace.

**Thanks be to God.**

# Communion Bread Recipe

## From Luther Seminary to your table

Sift dry ingredients together **three times**: (important!)

*2 c whole wheat flour*  
*1 c white flour*  
*1 & 1/4 tsp baking powder*  
*1 & 1/4 tsp salt*

Stir in 4 tsp oil. Set aside.

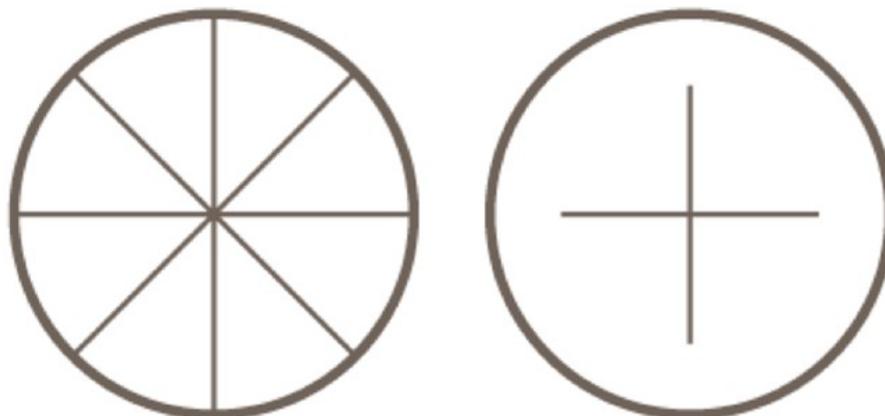
Mix wet ingredients together until dissolved:

*3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)*  
*3 Tbsp honey*  
*3 Tbsp molasses*

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.

Divide into four balls and flatten each into a 1/4 inch thick disk.

With a knife, score the top of each loaf into eight pie-shaped sections, so that the sections can be more easily broken off while serving. Alternatively, you could score a cross onto the loaf.



Lay the loaves on a baking sheet. Bake at 350 degrees for 10 minutes. Remove from oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool.

Yield: four 8 oz. loaves. Each loaf serves 60-70 people, depending upon the size of the piece given. The loaves freeze well.

