

What is Communion?

- Communion is a sacrament or a practice where we can experience God's grace.
- Most churches use bread and grape juice.
- Communion is called different names: Lord's Supper, Eucharist, Holy Communion.
- Communion is a special meal that Jesus invites us to. During Communion we remember the last meal where Jesus shared the bread and cup with his disciples and gave thanks for God's work in the world.
- Communion is also a way to experience the mystery of God's love for the world.
- An important part of Communion is the gathering of the community.
- Communion is about forgiveness – that we can and need to forgive others and that God forgives us.
- Communion helps us remember how much God loves us.