

Lesson Plan 2/4/2018 Communion

I am hoping in this lesson to show how we can take bread, bless it, take grape juice, bless it and say prayers and understand communion. Let's learn about Communion or "The Lord's Supper." We in the United Church of Christ and The Second Congregational Church of Cohasset have the rite of communion the first Sunday of the month. We have grape juice and bread to represent the elements of this sacred ceremony. We do it in a group to represent the importance of community in our past, present and future.

So far no problem with having this simple meal together in the sanctuary; it gets a little complicated when we go deeper into the history of the meal. We have a "communion table" not a "communion altar." The early Congregationalist's wanted their sacrament of communion to be a very simple rite for all the people.

The simplicity is in direct conflict with the Roman Catholic Church doctrine of Holy Communion being a Mass of "the unbloody repetition of the sacrifice of Christ on Calvary." The belief is each celebration of Holy Communion the bread and wine are changed into the actual body and blood of Christ. The Protest Reformation in the early 1500's contradicted the Catholic's view of communion and insisted that Christ's one death on the cross was enough and it did not need to be repeated. Do you see the difference between an "altar" for a repetition of a sacrifice and a "table" for communion of all the people?

The bread and grape juice we have at our "communion table" are symbols of Christ's body and blood. The communion table is ment to be a simple representation of the Lord's Supper. The act of breaking a loaf of bread and pouring of wine, which are the symbol of Christ's

body/blood, in full view of the congregation (not behind an altar) goes back to early Protestant Reformers. Congregationalists who grew out of the early Protestant movement receive the communion elements while seated in the pews. The first time this style of communion was practiced “All were most deeply affected. Aged men and women, while receiving the bread and wine with thankful emotions, wept aloud. After the celebration many embraced each other as redeemed brethren...” It was so popular that it became the traditional New England Congregational way of celebrating The Lord’s Supper.

My suggestion for an activity, if you can’t make it to communion this week, is to set aside a special time to say meaningful prayers for friends and family. Your kitchen table is a perfectly fine place for this. Whatever detail you think your children are ready to hear I think is a good beginning. I think the story of the New England table in the middle of church being used for a communion table is a great place to start. Remember where “two or more of us are gathered...”