

Common Cup Communion at First Reformed

There are many ways of taking communion in the Christian tradition. In the very beginning, people gathered around a table, since the Lord's Supper is an outgrowth of the Jewish Passover meal. For most of the history of Christendom, however, individuals came forward to the chancel and were served there. The elements used are bread and wine. The bread, while originally unleavened, is now the bread of the people. Wine is grape juice with various alcoholic content. Today we usually use plain grape juice.

Who can take communion?

All baptized Christians are invited to the Lord's Table. Children can best appreciate the sacrament after a period of instruction in third grade, but parents are best able to judge when their baptized children are ready to share the sacrament.

How is it administered?

Ministers and elders will set up as three teams at the front of each aisle in the sanctuary. One member of each team will hold a plate of firm bread cut into longish pieces and the other will hold a wide-brimmed cup easy for dipping. The center station will also have a separate container of gluten free bread available. Congregants will come down the aisles in single file, take communion and proceed back down the same aisle to their seat. After any line is completed, the team will move down the aisle serving any who would like to be served in their seat. Folks who sit in the balcony are requested to come forward.

Assignments: Each communion Sunday four processing elders are assigned to help serve communion immediately before worship. They are assigned to positions 1-4 as follows:

