

July 29, 2020

Dear Friends,

We are going to have communion this Sunday! Of course, the procedure will be slightly different because of the pandemic, but we have developed a safe way to administer the sacrament. I don't know about you but I am hungry for it. We will be using individual communion kits. They have a film on top that contains the bread, and a cup underneath with the unfermented wine.

For in-person worshipers, we will have your communion kit on your seat when you come in so we don't have to break social distancing guidelines. We ask that you hold them in your hand during the Prayer of Great Thanksgiving, then we will all partake of them together. If you have any concerns about practicing communion in this manner, it is okay not to participate in it and receive "spiritual communion" instead (see below).

For on-line worshipers in the area, we will be serving the communion kits to the passengers of vehicles lined up at the church drop off area from 11:00am-11:30am. Pastor Chelsey and I will be wearing N-95 masks and using gloves to distribute the holy meal.

For on-line worshipers out of the area and those unable to come for health reasons, you can take "spiritual communion." It is a little known practice of the church that was developed during the Black Plague. "Spiritual communion" is when we are unable to take communion for various reasons, especially during a pandemic. All we have to do is long to take communion and pray for union with God in Jesus Christ, and the Holy Spirit will give us all spiritual benefits of Holy Communion. Here is a prayer to help you with this practice:

*My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.*

Finally, I have had several people inquire about the in-person option of Sunday worship. The Reopening Task Force has reviewed our procedures and feels like our church is a very safe environment and members present are complying with the new procedures. We do require social distancing and the worship space is set up in such a way so that there is more than six feet of space between family units. We do require masks while we are inside the building. Masks are not required but recommended outside on the rotunda where there is ample seating with proper distancing. We also are not distributing bulletins, passing the peace, shaking hands, passing the offering plate, or doing anything that violates social distancing guidelines. But we are clapping, humming, celebrating, and enjoying each other's presence. If you feel like in-person is a safe option for you, we would love to have you. However, we understand that many of our beloved members have various health vulnerabilities and we also bless your decision to participate from home. May God bless each of you and our church during this time.

Peace of Christ,



Geoffrey



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