



TOWER HAMLETS COMMUNITY CHURCH

Communion

Breaking bread is an important part of what we do as Christians. Jesus commanded us to do it, and the apostles cautioned against taking it lightly. We need to be aware that our congregation and visitors have diverse expectations around communion, and while we are informal, we must not be casual with things Jesus told us to do. At THCC we aim to do this in our main Sunday service at least once a month, and some of the link groups do this mid-week too.

If you can't make it please let the host know as soon as possible. You can find out who is hosting from ChurchSuite or from the weekly email that goes out with the notices.

Planning and Setup Checklist

- You need to find 4-6 people to help distribute communion. These should be regular members of church, and it's good to have a mix of ages, gender and background to reflect the fact that we are a multi-cultural, multi-generational church. Please ensure that anyone that you invite to help you share the bread and juice know what to do and are appropriately dressed. Make sure they know to include the worship team and the AV team at the back and that they know what to do about children (see below).
- You need to supply bread (around 6 rolls or one loaf) and either Grape or Cranberry juice (2 cartons)
- You'll need to arrive by 10am to set up the cups and bread on a table at the front. Please cover these once they are set up. If we are running low on cups, please let Tony or Bex know.
- Check with the host when in the service you will be doing communion, and whether the children will be in for this section.

Leading Communion

- While bringing a reminder of how important breaking of bread to us is please do not prepare a long talk – 2-3 minutes is plenty. Share briefly and respectfully.
- You may wish to mention that visitors who know and love Jesus are welcome to participate.
- We aim for the children to be in the service when we have communion every second time. As we will have communion monthly this means that on alternative months they will remain for communion. Children can participate at the discretion of their parents. In practice this means that **children should not be offered communion**. (Please ensure that you brief this who will be distributing it) If the parents wish their child to do so then they should give it to them, not those who are serving it. The person leading communion



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should explain this.