

## Lay Task Directions

### COMMUNION ASSISTANT Offering the Gift of the Meal

- **Communion at Faith Lutheran:** Lutheran theology teaches that the bread and cup of communion are not just symbolic of Christ's body and blood, but that Christ is truly present in, with, and under the elements. We believe that Holy Communion is transformative, nourishing, healing and strengthening to the people of God, both individually and communally.
- **Who can assist with Communion?** Anyone who has the desire and ability to hold and offer the elements to worshippers communing at the rail or in standing format. Assisting at the rail does require bending as you move along the line, and standing communion requires that you are able to stand in place for about 10 minutes.

#### What Does the Communion Assistant do?

- Arrive a few minutes before worship: check with the presiding minister to see if there are any changes in format or placement of communion. Pray briefly that those who share communion today are nourished at the Lord's table. As a courtesy, assistants should wash their hands just before the service.
- Normally the Lord's Prayer is just before communion followed by communion instructions. Please be up and moving as soon as the prayer is over so that you are ready to serve.
- Worship assistants and healing ministers will be communed first.
  - With the chalice, the assistant will offer the chalice and say "This is the blood of Christ, shed for you."
  - It is appropriate to quietly direct if someone is confused, or if you are unsure if a child is communing or receiving a blessing.
  - If someone is unable to come to the altar, both ministers will take the elements to the pew. Presiding minister will normally indicate this.
- At the rail, follow the presiding minister closely but not so close that you are crowding. Stand and wait if necessary.
- With standing communion, ministers will step down from the platform to serve in front of the rail. The assistant stands on the pastor's right, about 2 feet away.
- When communion is over, step up to the altar and commune the presiding minister. Then return to your seat.

Thank you for your service.