



Sacred Space Surprise

Cup: In Remembrance of Jesus

Find your bag for October 4, open it, and take out the glass communion cup and hold it in your hand.

Say: One of the most beautiful parts of being in the United Methodist Church is that all are welcome at the Lord's Table. That's right, even children! All people who want to partake in communion, regardless of age, church membership, how often you attend, or if you think you are worthy, are invited.

Reflect: As you hold your cup, how does that make you feel? *(Allow a few moments of quiet reflection.)*

Do: Place the cup in your sacred space.

We celebrate the Lord's Supper in order to remember Christ's death on the cross until he comes again.

The night before Jesus was crucified, he had a special last meal with his disciples. During the meal, Jesus took the bread and blessed it. Then Jesus took a cup of juice and passed it around. He told his disciples to drink it and said, "All of you drink from it. This is my blood of the new covenant. It is poured out to forgive the sins of many." (Matthew 26:27-28, NIRV) Jesus didn't literally mean the juice was his blood, but it represented his blood that would be shed on the cross to forgive all of our sins.

Sing: A song we sometimes sing in church on Communion Sunday is "Let Us Break Bread Together." You can listen to it here: <https://youtu.be/y5lCdGX2iuk>

This Sunday is World Communion Sunday. Several denominations celebrate this as a way to reach out to all people and model diversity to God's children everywhere. Myers Park UMC will celebrate communion this Sunday. We hope you and your family will plan to join us for worship at 8:45, 9:45, or 11:00 at www.myersparkumc.org.

To help you and your family prepare for this sacrament at home, we've created a [Communion at Home Guide](#). And, if you'd like to make your own Communion bread, we've found – and personally tested -- an easy-to-bake bread recipe: [Bread in a Bag](#).

We'd love for you to share pictures of your bread and/or Communion table at home. Email them to [Betsy Scott](#).