

PREPARATION FOR COMMUNION

We typically practice Threefold Communion twice a year—once during Holy Week and again around the first Sunday of October, worldwide Communion Sunday. While receiving the bread and cup is a common practice to remember the symbols of Christ’s sacrifice, observing Threefold Communion through footwashing, a shared meal, and the bread and cup allows us to commemorate Jesus’ last meal with his disciples — following the example and command that Jesus gave.

We will be celebrating this command together in an altered, “low contact,” form during our larger gathering, but we strongly encourage you to find a way to follow Jesus’ example in a smaller group with family or peers.

YOU WILL NEED:

- **Basin, pitcher of water, and towel** for cleansing feet. If you will be practicing this alone, you may wish to have something available for washing of hands.
- **A meal to share with others.** If you are unable to share a meal face-to-face with others, try to arrange a time to share conversation over the phone or a video chat. The point is less about the food and more about taking time to connect with others in relationship.
- **Bread and cup.** You will want some form of flat grain and drink to represent the bread and cup shared at the last supper. Again, the point is less about the actual content of the items and more about what they represent and with whom you share them. Crackers and grape juice are a good option.

THREEFOLD COMMUNION GUIDE

A table has been prepared
in the presence of his enemies;
**It is Christ who invites us
to meet him here.**

**Glory to the Father, and to the Son, and to
the Holy Spirit, as it was in the beginning,
is now, and will be forever. Amen.**

Prepare Your Heart

Read 1 John 1:9. Take a moment of silence to acknowledge sin before God and receive the blessing of Christ’s forgiveness.

Footwashing

*Read John 13:1-17. Following the example of Jesus, take turns washing each others feet. Let someone lead out by kneeling to rinse the feet of another by pouring water from a pitcher over their feet and into a basin, gently massaging away any dirt or fuzz. Once their feet are cleansed, dry with a towel, they may rise and speak a word of encouragement or prayer. Let the example continue on with the first washee becoming the washer until all have been washed.**

If you are participating on your own, you may want to take time to wash your own hands and reflect upon the gift of Christ’s forgiveness and cleansing.

**You may wish to sing hymns together as you wait for others to finish washing feet. Alternatively, you may play light worship music in the background.*

Love Feast

Read Luke 22:7-16. Share a meal with others. If dining alone, call a friend or family member to share about your day.

As you wrap up your meal, take time to share words of thanksgiving and concern for one another. Some prompts you may use include:

What are you thankful for today?
Where have you seen God moving this week?
How do you see Jesus reflected in the lives of those around the table?

Eucharist

Read Luke 22:17-20. Jesus took some of the most common elements at the table—bread and wine—and gave them wholly new meaning. As you share the bread and cup in whatever form you are able, take this moment to remember Jesus’ body and blood given for our forgiveness.

Blessing the Bread, say together:

This bread which we break is the communion of the Body of Christ.

Blessing the Cup, say together:

This cup of blessing we bless is the communion of the Blood of Christ.

Pray Our Father...

LORD, for this gift and more, we are truly grateful. Amen.

Sing *Share this song together as you close:*

“Blessed be the tie that binds, our hearts in Christian love: The fellowship of kindred minds, is like to that above.”