

Holy Communion for June 21, 2026 - Bannock & Strawberry Water.



Invitation to Communion

Welcome, friends and relations! We meet here in the house of the Creator at the great feasting table. Here at this table we get a foretaste of God's banquet. This is indeed God's table, not the church's and so all who seek to follow The Way are welcome to eat and drink from it. Come and taste the grace eternal, come and see that God is sweet and good.

Greeting

God is with us- we are not alone. When we gather at God's call - we gather across time and space with all who seek to follow the way of Christ. We gather to remember Christ was, Christ is, and Christ will be again. We gather to practice what we preach - to be an Easter people who try to live better, share our resources and lives and knowledge, and practice justice, mercy, and love.

Collectively Prayer

God, you know us better than we know ourselves. You know our thoughts, our weaknesses, our motivations, our sins. And you love us still. Forgive us when we don't believe such love is true or possible; When we wonder how You could love us just as we are, when we forget our intricate construction, fearfully, wonderfully made, in Your image! Remove from our minds every thought which keeps us from you. Break down the walls, push aside the pride, and help us to trust anew. You know our hearts. And you love us still. Amen.

Now let us say together those words taught by Jesus:

**Our Mother/Father who art in heaven,
hallowed be thy name, thy kingdom come,
thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil,
for thine is the kingdom,
and the power and the glory forever and ever." AMEN**

Invitation and Institution

With this new beginning we come as equals to the table. Here we recall the giving of the Law and the preaching of the prophets. Here we recall in a perfect victory over the grave God rose Christ with power to become sovereign. Here we celebrate the Holy Spirit that gathers us as a Church, and through which we work as one. With the faithful in every place and time we praise with joy the holy name:

**Holy, holy, holy God
of love and majesty
the whole universe speaks of your glory
O God most high!**

We remember on that night of betrayal and desertion, Jesus took daily food, the common bread, what was at hand. Jesus gave God thanks, broke the bread, and gave it to his disciples saying: This is my body, which is broken for you. Do this in remembrance of me.

And from Peter to John, and Judas too - all as equals ate.
In the same way, when the supper was over, Jesus took the cup. A cup of sweetness, of fruit, of wine or juice. He said, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

And from Matthew to Zebedee, and the unnamed women too –
all as equals drank.

O God - consecrate therefore by your Holy Spirit these gifts. Bless us that as we partake of them at once, as equals, we may offer you our faith and praise and may be united with Christ and united with one another, and we may continue faithful in all things. Amen.

Through the broken bread, we participate in the body of Christ.
Though the cup of blessing, we participate in the new life, the new beginning, Christ offers us.

This table is God's offer of grace and an invitation to community- to family. Where forgiveness is found and we are called to be the body of Christ, affirmed in our shared mission, and empowered for discipleship. Come, share the feast!

Elements are gluten-free bannock; and strawberry water. Please let an usher know if you have allergies or concerns.

(The bread and wine/juice are served at the front.)

Prayer of Thanksgiving after Communion (Unison)

We give thanks to you, God, for this meal.

Simple. Elegant.

Refreshing. Re-creating.

May we hear the call: Love one another

as you have loved us.

One body, many members, the body of Christ.

Amen.

* adapted from All Things New