

Dear Parents/Guardians;

This month we are looking at the Lord's Supper, also called Holy Communion, or even Holy Eucharist. The word Eucharist comes from the Greek word for Thanksgiving. We are asked to join together as one family, in thanksgiving, and partake of one meal. In our current epidemic, we cannot do this, but this will not last forever.

This is one of the great sacraments in our church. The Book of Common Prayer defines sacraments as "outward and visible signs of inward and spiritual grace." In Eucharist, the outward and visible sign is bread and wine, and the inward and spiritual grace is the Body and Blood of Christ given to His people and received by faith.

For your child ages 3-6, the packet includes a book called At God's Table (it is also in Spanish: En la mesa de Dios). This book explains how this sacrament was started by Jesus and how we continue it 2,000 years later. There are many colorful illustrations and there is a fun "Did you see?" section at the end for the kids. There is also a Note for Adults that talks about the many layers of meaning in The Lord's Supper.

Many church traditions ask the very youngest to wait until they have their first communion, usually at age 7. In the Episcopal church, we believe that all who have been baptized into the family of Christ are invited by Christ to join in the communal meal. We do this because we take baptism so seriously.

The packet also includes a coloring poster for your child and a fun mobile craft.

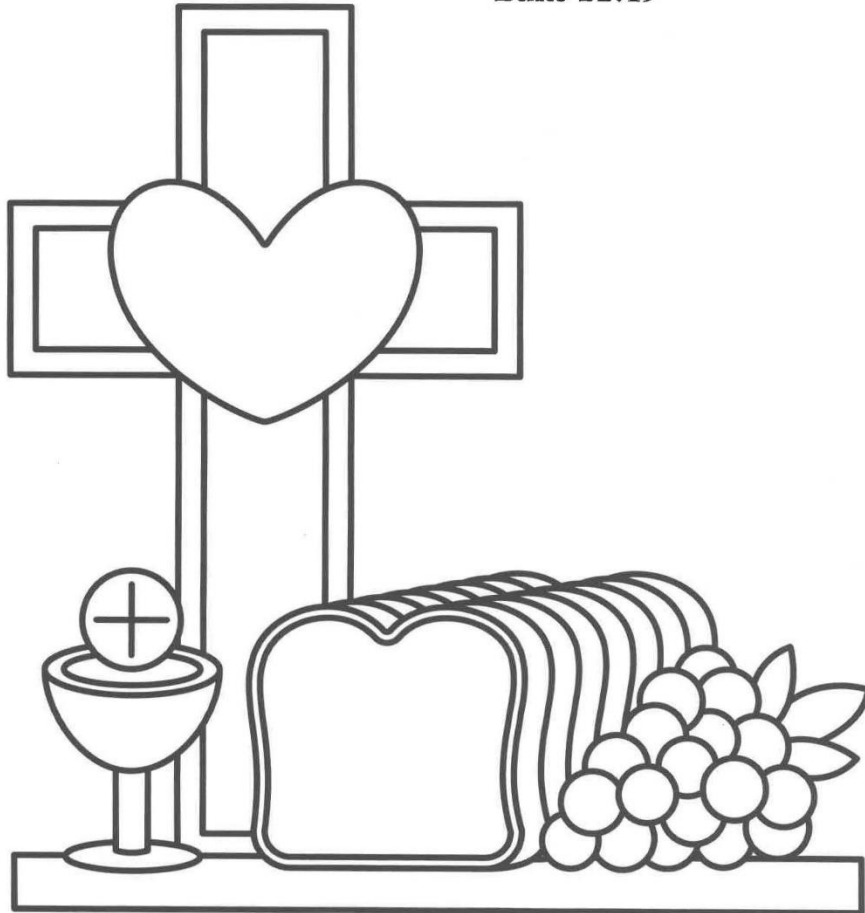
Your sister in Christ,

Brenda Komarinski

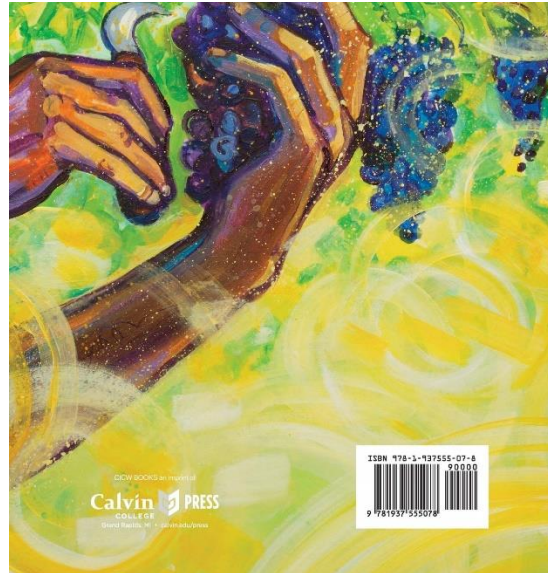
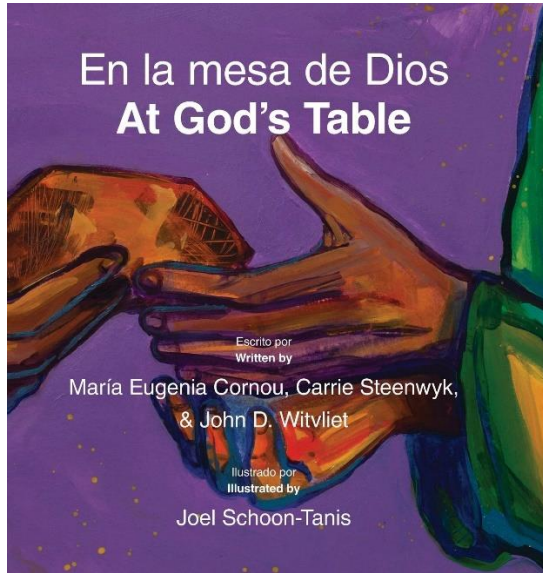
HOLY COMMUNION

And he took bread, gave thanks and
broke it, and gave it to them, saying,
“This is my body given for you; do
this in remembrance of me.”

Luke 22:19



Included in the packet was the coloring poster, a mobile craft, and the following book:



This book can be purchased at [Amazon.com](https://www.amazon.com).