

### **During Holy Week, will we be celebrating the Sacrament of Holy Communion online?**

Many people in our church are desperately missing the spiritual nourishment and grace that we receive from Jesus through the Sacrament of Holy Communion during our usual Sunday worship services. The suggestion has been made that our church celebrate the sacrament online or individually celebrate the meal in our homes as the Spirit leads us.

If we look for the answer to this question in the Bible, the Sacrament is never celebrated as an individual act. When Jesus first introduced this practice, he offered the meal in community with his disciples. (Matthew 26: 26-28) After the death and resurrection of Jesus, the early Church made the sacrament a regular part of their life together in worship and the breaking of bread. (Acts 2:42). The Sacrament of Holy Communion is always celebrated within the gathered worshipping body. Therefore, we will not be celebrating the Sacrament of Holy Communion online nor do we encourage people to celebrate the Sacrament individually.

While we wait for the day when we will celebrate the Sacrament together, we encourage the people of Lake Highlands United Methodist Church to participate in the other means of grace that God has made available to us. The other means of grace include prayer, fasting, study of the Bible, worship, serving others, as well as caring for our neighbors and those in prison. All of these practices are ways that God in Christ through the power of the Holy Spirit can nourish our souls until the day when we are gathered together face-to-face to celebrate the Sacrament of Holy Communion. And we look forward to that day!

Pastor Jill Jackson-Sears