

Y R E G L W Y S  
Y N G N G H Y M R U



THE CHURCH  
IN WALES

## AN INVITATION TO COMMUNION

*Guidance for members of the congregation*

At the Last Supper, Jesus took bread and wine, gave thanks for them and said to his disciples, 'This is my Body, this is my Blood'. He commanded them to take bread and wine, give thanks over them and consecrate them, and then to eat and drink them in remembrance of him. This is what we do in the Eucharist. We believe that, in this unique way, just as he promised, Jesus comes to us and this is food for our spiritual journey.

From Advent Sunday 2016, the Church in Wales welcomes anyone who is baptised in the name of the Trinity to receive communion. This leaflet will explain what that means for you and the options you have.

We believe that God calls us all into fellowship with Jesus and with each other. All are welcome at his table, whether we are taking our first steps of faith or have been part of the church family for some time. We want everyone to know God's welcome, whoever they are and at whatever time they are ready.

So, if you are baptised and want to try to follow Jesus with us, you are part of our Christian family and you are welcome to receive communion. Children who are baptised are welcome to take part in a way that is appropriate for them. We will be very pleased if you join with us in this and are delighted to make you welcome.

## How to receive communion

The communion service will help you prepare to receive. We confess our sins, the things that we do or fail to do, which harm our relationship with God and others. We receive God's forgiveness, so we know that we can come to God without anxiety or worry. It is not about whether we are good enough, feel spiritual enough, or feel we know a lot about Christianity. God loves us and invites us. The service also helps us focus on our faith through hearing the Bible read, through teaching and through prayer.

At a particular point in this service, everyone is invited to come to receive communion and this includes every baptised person and any children with you. If you come forward, you may kneel if you want to, but you don't have to. If you hold out your hands, then the bread will be placed in them for you to eat. You will also be offered the chalice, a cup of wine. You are welcome to receive bread and wine or just the bread if you prefer. You can respond to the words spoken to you as you received communion with a simple "Amen".

If you have young children with you, then it is for you to decide whether they receive. Children under 5 cannot legally be given wine. After that age it is up to their parents or guardians and then those who bring them to church to say whether or not they can receive it, or receive only the bread. Young children who are going to receive can either have the bread given to those who accompany them who will then give a small piece of it to the child as appropriate, or they can be helped at the appropriate stage of development to join in as others do.

Please let us know if you need gluten free bread or have any other requirements.

## What if I don't feel that I want to receive communion at this point?

Communion isn't compulsory and you are welcome to receive a blessing instead. Just come forward, with your service book in your hand and that's what will happen.

Whenever you feel ready to receive communion, just hold out your hands. If you feel uncertain or nervous, we would be very happy to help you. Please don't be afraid to ask.

## I have received Communion, what next?

Jesus calls all of us to try to live as his disciples, to show his love for others and to grow in our love and knowledge of God. If you would like to learn more about the Christian faith, there are a variety of ways of doing this and of exploring how you may be able to use your gifts and skills to serve God in the church and in the community.

## I am not baptised, what do I do?

We would really value the chance to talk with you about welcoming you into the church family. People can be baptised at any age, whenever they want to. At this stage we would like to invite you to receive a blessing at the communion and to enjoy being part of the worship until you feel that you want to have this conversation. There is no pressure.

Is there anything more?  
I've heard of something called Confirmation.

When someone is baptised, and at whatever age this happens, they are born into and become part of the Christian family. When each one of us was born into a human family, we began to grow and mature.

In the Christian family and on our Christian journey, we try to grow and mature in our faith, our understanding and our discipleship. There can come a time when you want to affirm all these things and your place in the family, and to have your place there affirmed by the family itself. This is called Confirmation, a wonderful opportunity for you to celebrate your faith and your discipleship.

*If you have any questions about any of this,  
please speak to your Priest or other minister  
who assists in leading your services.*

*They will be pleased to try to answer  
any questions you have.*