

## CHAPTER NINE

# Holy Communion

### Reflection and Discussion

1. What is one thing that stood out to you or one thing that you learned from this chapter?
2. In the introduction to her chapter, Julie talks about several very different experiences of the Lord's Supper that she had as a young woman at different churches. What differences in Communion have you experienced in the churches that you've been a part of? What have you valued or appreciated from those experiences?
3. Throughout the chapter, Julie reflects on different moments within the Sunday liturgy, culminating in Holy Communion, and how she has been impacted by those parts of the liturgy. What moments in the service have been particularly meaningful to you as you have participated in the Sunday liturgy at Christ Church? What is something you learned from Julie's reflections?
4. Discuss the following quote from page 117. How does this description of Communion compare to the way you think of it?

*Communion is mysteriously but tangibly a meal in which we celebrate the past, remembering God's acts of salvation for His people and the saints that have been at this table for two thousand years before us. It's a meal we celebrate now, reenacting Christ's meal with the disciples, taking in His body and blood that He shed for us. And it's a meal [in which] we are celebrating the future; it's our foretaste of heaven, of unending meals with Christ Himself.*

### Practical Exercises

For these exercises, you'll need access to *To Be a Christian: An Anglican Catechism*. If you do not own a copy, you may access it online at <http://anglicanchurch.net/wp-content/uploads/2020/06/To-Be-a-Christian.pdf>

1. Julie writes about numerous parts of the Holy Communion service—from the opening Collect for Purity to the saying of the creed to standing in line and going forward to the altar rail to the Post Communion Prayer. Over the next week, take some time to sit down and write your own reflections about parts of the service that stand out to you and how they impact you (if it helps, take home a bulletin from the Sunday service and use it as a guide for your reflections). When you next gather, share some of your own reflections with others in your group.