

Communion Milestone

First communion is a milestone in the life of a child and can be expanded to a wonderful family celebration. Because congregations commune at various ages, this Milestones Ministry event can be used as preparation for first communion or a time to reflect more deeply with children who have already received Holy Communion and are now ready to learn more about its significance in their lives. It can be a learning event for all ages, a time of family fun and joy, and a time to make lasting memories.

The Communion Milestone incorporates a simple structure that includes:





Naming – It is important to recognize this as a time to learn about the mystery of Holy Communion together as a family, whether it is for a first communion or at a more age-appropriate time.

Equipping – This milestone provides the opportunity for all ages to gather and have caring conversations about what Holy Communion means to them and gain a better understanding of this sacrament.

Blessing – The blessing for those participating in this milestone provides a reinforcement and special time to recognize God’s grace and forgiveness.

Gifting – You may give a visible item as a physical reminder of this occasion, such as a candle or pottery.

Reinforcing – Follow up after the Communion Milestone by connecting this group one more time to share stories about what they learned and remember about Holy Communion. Encourage the group to experience a Seder Supper to help them learn even more. The Communion Milestone Follow Up for the congregation is on page 7.

		Four Keys for Practicing Faith		
Caring Conversations	Devotions		Service	Rituals and Traditions



+ Milestone Event for Small Groups or Home

There are times when celebrating a milestone can be done in a small group setting, or more intimately, in homes. Take time to enjoy a meal or dessert together and to invite conversation with the following outline. You may also wish to use portions of the Cross+Generational Event found in this Communion Milestone.



Caring Conversations

Begin with conversation:

- Ask your child why being welcomed at the Lord's Table is so special.
- Invite others to talk about what Holy Communion means to them and why it is important to them.



Devotions

Read Luke 24:30-32 (CEV)

After Jesus sat down to eat, he took some bread. He blessed it and broke it. Then he gave it to them. At once they knew who he was, but he disappeared. They said to each other, "When he talked with us along the road and explained the Scriptures to us, didn't it warm our hearts?"

Take some time to talk with one another about the gifts given in Holy Communion:

- Being together with Jesus
- Receiving forgiveness
- Growing in faith
- Receiving Jesus – his body and blood
- Giving thanks



Service

In Holy Communion, Jesus feeds us spiritual food to strengthen our faith. However, there are those who need food just to stay alive. Make plans to call a food pantry to see how and when you can serve. Talk about giving something up, perhaps pizza or dinners out for a month, and then give the money you save to the congregation or a food pantry.



Rituals and Traditions

Pray together and suggest those present consider making this prayer a tradition as a family the day or night before you receive Holy Communion.

"Gracious God, may your body and blood strengthen our faith and encourage us for a life of service. Prepare our hearts to be in your presence, forgive our sins, and fill us with joy. May this gift of life draw us closer to you and to each other. In Jesus' name. Amen."

Bless one another: *"May you give thanks for Jesus."*

Resources and tools to encourage faith talk and faith practices in the home are helpful and remind us that home is church, too!

A suggestion for building rituals and traditions in the home:

4 Key Faith Practices Mat



Place a candle in the center

Place a blessing bowl in the center



Add a milestone to the bowl to encourage caring conversations

