

St. Matthew Communion Procedure during COVID Times

The Holy Communion is one of the two sacraments we have in the Lutheran Church. It is a sacred act instituted by Christ himself. He wants his church to celebrate this holy meal as often as we can. We take communion for our spiritual nourishment, the strengthening of our faith and forgiveness of sins. Every Christian should desire to participate on the Lord's Table as much as he/she can. We are thankful to God for being able to offer once again this wonderful sacrament, where we receive Christ himself, His body and blood with and under the visible elements: bread and wine. Here is how we will do it:

1. All members will take communion where they are sitting during service
2. Each family should bring their own Communion dishes with them to be used during the sacrament
 - a. One small plate per family to accept the bread
 - b. One Cup per person or one cup per household to be shared by everyone in the household depending on preferences
 - c. Cups and Plates should be glassware that can be taken home after service to be washed.
3. Pastor and the assistant will move through the church to distribute the sacrament instead of having everyone come forward.
4. Pastor and assistant will be wearing masks and gloves and will not touch the elements at all.
 - a. The bread will be distributed with tongs
 - b. The wine will be poured from the flagon (jar) directly into the cups provided by each family.
5. Pastor and assistant must take their temperature before coming to church that day to make sure their temperatures are below 38C as mandated by Alberta Health. We expect to offer communion on the first and third Sundays of each month while the pandemic remains with us.
7. At each family group:
 - a. The bread will be distributed on to the plate, one wafer per communicant
 - b. After this the wine will be distributed to the provided cup(s)
 - c. Once both elements have been distributed then the Pastor and assistant will move away some distance and the family can consume the elements.
 - d. The dismissal (final blessing) for the family is then provided by Pastor.
 - e. Pastor and assistant then move to the next family.