

About

Access Full Virtual Communion Toolkit at: bit.ly/chcvirtualcommunion

The Pastoral team has been praying daily for you, your health, your family, your livelihood, and your spiritual well-being. We need God, we need each other. In this season of COVID-19 pandemic...**WE TRUST THAT GOD IS SOVEREIGN, WE CLAIM GOD'S PROMISES OF VICTORY, AND WE DECLARE:**

"...But Still I Rise!"

This theme comes on the heels of our Acts of Kindness Sabbath, where we showed God victorious in our community through acts of service to meet their needs. And it is the covering theme for the Compassion and Resurrection weeks, April 5 – 18, 2020.

Health challenges...**But Still I Rise!**

Finances ...**But Still I Rise!**

Isolation ...**But Still I Rise!**

Relational issues ...**But Still I Rise!**

Loss of job ...**But Still I Rise!**

Fear...**But Still I Rise!**

even Death...**But Still I Rise!**

"...and what is the immeasurable greatness of his power in us who believe, according to the working of his great might..." (Ephesians 1:19)

--- WE ALREADY HAVE THE VICTORY!

On Friday, April 17, 2020 we will also host a Virtual Communion Experience via [Youtube](#) at 7:00 pm. Pastor Emil Peeler, our Senior Pastor, will lead a powerful worship experience as we reflect on the sacrifice and victory of our Lord and Savior, Jesus Christ. Message will be by **Dr. Ramone W. Griffith, Senior Pastor of the United in Christ and New Beginnings SDA Churches, with whom we are co-hosting this service.**

This information will you know how you can prepare and what to expect for this Virtual Communion Service.

VIRTUAL COMMUNION GUIDE

Preparation

Access Full Virtual Communion Toolkit at: bit.ly/chcvirtualcommunion

During the week,

1. Purchase grape juice. If you don't have at home already, our Health Ministry team advises that you consider trying the organic varieties and/or those with less sugar.

2. Bake Your Own Communion Bread. Unleavened bread is the best expersion of the "bread" element. Unleavened bread simply is bread baked without a rising agent (most large grocery stores stock unleavened bread). We've attached a handout -- "[Communion Bread Recipe](#)" by Donna Green-Goodman -- that you can use. This can be prepared the day before or the morning of the scheduled Communion. If you cannot bake the bread, pick up some crackers such as Wheat Thins, Triscuits, etc.

3. Set aside basin and hand towels. Even if you will be participating alone, you should still set aside the towel and basin with warm water for a visible symbolism you read "[Reflection on Footwashing](#)", or other reading you have chosen, to reflect on during Foot washing segment.

5. Spiritual Preparation. Plan to:

- Pray with others on our Prayer Line daily at 7am and/or 12noon
- Have your own daily individual and/or family devotion time
- Call in to the nightly 15-minute CHC Connect + Wednesdays In the Word via [Zoom](#) @ 7pm
- Read Scripture and/or Readings for personal reflection and/or family discussion
- Consider resources for kids:
 - [VIDEO](#): The Last Super (The New Covenante, Communion for kids)
 - [VIDEO](#): WHAT IS COMMUNION? RESOURCE | Kids on the Move
 - [VIDEO](#): The Story of Easter (The Last Supper)

VIRTUAL COMMUNION GUIDE

Participation

Access Full Virtual Communion Toolkit at: bit.ly/chcvirtualcommunion

On April 17,

1. Have Dinner with your family.

Sit down together as a family. No phone, tv, radio, etc. Just you and your family. If it is just you at home, host a “virtual dinner” with family and/or friends over FaceTime, Zoom, or Skype. During dinner, discuss the following question. Of course, if you have your own that is fine as well. The goal is for you and your family/friends to spend some quality time.

**Q. During this time of being quarantined,
what more have you learned about:**

- a. God | b. Yourself |
- c. Someone you have been quarantined with | d. Others

2. At 6:45pm – Gather for the Virtual Communion Experience.

Have available: (1) your Bible; (2) “Reflection on Footwashing” reading (or other reading) if its just you at home; (3) Set aside warm water for your basin/s, and towels; (4) Set out unleavened bread (or crackers) crackers, and small glass/es of grape juice.

3. At 7:00pm – Log into Virtual Communion Experience via [Youtube](#) page or [Facebook](#)

This experience will include readings, prayer, a brief homily, music, and reflections. The teaching pastor will direct you through the foot washing and receiving communion. All you need to do is follow along online.