

[What is Holy Eucharist?](#)

Known as Holy Communion, or the Lord's Supper, Holy Eucharist is the sacrament commanded by Jesus for the continual remembrance of and participation in his life, death, and resurrection. Holy Eucharist is celebrated at both Sunday morning services every week. All followers of Jesus including children are invited forward and receive communion. We offer wafers and wine. You may choose to partake in either or both. Gluten free wafers are available – just ask the person giving out the wafers. If you prefer to receive a blessing instead, at the altar rail, please cross your arms over your chest. If you are not a follower of Jesus, or not sure if you are, you are invited forward for a blessing.