



## **Reformation Lutheran Church, Media, PA**

### **First Communion Instruction Information for Families**

Our policy at Reformation is to have children receive first communion at the desire of their parents or caregivers. First communion instruction can be done at any age (or ages if parents desire to have siblings receive first communion together).

Communion is one of two sacraments in the Lutheran tradition. Along with baptism, our participation in communion is one way that we come to know God's love and forgiveness given to each one of us. Just as God calls us all God's children, all are welcome to come to God's table and celebrate the gifts that are given for us. Communion is a beautiful mystery, one we can never fully understand, but one we are given as a way to know God's love with us here and now.

At Reformation, first communion instruction is done with the family at home because we believe that faith conversations that happen at home with family are essential to the way we grow in our faith and our relationship with God and God's people.

Once you receive this curriculum, decide when and how you will complete it with your child or children.

On the back of this sheet, in the curriculum information section, you will find information on the number of lessons and the approximate time it will take to complete them. You can find a special time to complete these lessons together and enjoy the faith-filled conversations you will have together!

Once you and your child are ready, your child can receive first communion at any worship service at which communion is celebrated. After that worship, we will have a certificate and gift for your child. Please contact Pastor Eileen with any questions you have at any time.

We look forward to celebrating with your family as we welcome your child to God's table!

*Contact Pastor Eileen Ruppel-Doan ([pastoreileen@relcmedia.org](mailto:pastoreileen@relcmedia.org)) for more information*

Curriculum Information: We have three separate curriculum options for students based on age. If siblings are receiving communion together and are in two age brackets, decisions can be made to combine curriculums or have separate learning experiences based on the family's preference.

#### For Children 5 and Under

You will receive a book called "A Place for You" by Daniel Erlander. This interactive book can be read together as a family and the black and white pages can be colored in and decorated. The back cover also offers optional Scripture readings. This curriculum can be read in one sitting or multiple. It will take approximately 20 minutes to get through the entire book.

#### For Children Ages 6-10

You will receive a packet of 4 lesson sheets called Fed and Forgiven. Each lesson sheet will take approximately 20 minutes to complete. Take the time to work through each lesson sheet with your child. In addition to the lesson sheets, you will need crayons or pencils and a Bible. The Spark Story Bible is a great Bible to use for these lessons – or another favorite story Bible. You will find the Scripture citations throughout the learner sheets.

#### For Children Ages 11 and Up

This curriculum consists of three separate lessons – (1) History of Communion (2) Take and Eat, and (3) Benefits of Communion. Each lesson will take approximately 20-30 minutes to complete. There is a blend of background, scripture reading, and questions for conversation with your family. You will need a Bible for these lessons – and a pen or pencil if you wish to take notes.

#### OPTIONAL Activity for All Ages: Bread Baking

Here is a simple recipe – or use a family favorite! – to make bread to share with your family as you discuss and think about God's promises that come to us in Communion. Emmaus Road Communion Bread 4 cups whole wheat flour 4 tsp. baking powder 2 tsp. salt ½ cup extra virgin olive oil 1 cup real maple syrup ½ cup warm water Preheat oven to 400 degrees. Sift the dry ingredients together into a bowl. Mix the oil with the other liquid ingredients. Mix only as much liquid as needed to form a soft dough. Turn the dough out onto a lightly floured surface and kneed it gently. Form/roll out the dough into ¼ inch. Shape/cut into rounds about six inches across. Cut a cross into the surface of the dough using a serrated knife. Smooth the outer edge by patting it with the side of a knife. Lightly brush bread with oil or milk prior to baking. Place the bread onto lightly greased baking pans or baker's stone, and bake 10 to 15 minutes. Cool the bread for about an hour. This recipe makes 4 loaves.