



Reformation Lutheran Church, Media, PA

First Communion Instruction Information for Families

Contact Pastor Alina Gayeuski (pastoralina@relcmedia.org) for more information.

Our policy at Reformation is to have children receive first communion at the desire of their parents. 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!

After you have completed the curriculum, contact Pastor Alina (pastoralina@relcmedia.org) to set up a time to meet. You and your child will meet with Pastor Alina to review what was learned, discuss worship procedures, and explore our altar space.

Once that has been completed, 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 Alina 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!

Curriculum Information

We have created 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 Under Age 5

You will receive two books – *My Place at God's Table: Child's Book* and *My Place at God's Table: Family Book*. The Child's Book is a story book for you and your child to read together. The Family Book is filled with simple activities that can be adapted to your child's age and learning style. The Child's Book should only take a few minutes to read together. The Family Book enables you to choose the activities to do together – questions to ask, pictures to draw, etc. You can choose the activities for your child. Returning to the story a few times will help create connections for your child and you can choose a different activity each time. Both books are yours to keep once you have completed the lessons. In addition to the books, you will need crayons and paper for these lessons.

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

The 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.