

Holy Habits – Session 3: Breaking Bread

Most Christians have a special “family” meal they share together which has a number of different names depending on which part of the Christian family you belong to:

Mass / Eucharist / Communion / The Lord’s Supper / Breaking of Bread

But they are, basically, the same act of worship where we remember what Jesus did for and said to his first disciples on the night before he was crucified. You can find the story in 3 of the Gospels (Matthew 24 v 26-29, Mark 14 v 22-25 and Luke 22 v 17-20).

This special meal is very important as part of our worship as a Christian family and we usually celebrate it once a month. We are told that the Christian family has done this since they first came together (Acts 2 v 42 – 47). It is important that we continue to do this as disciples today and that it includes the whole Christian family.

Within the URC we have been discussing this for a number of years and you will find the booklet “Children and Holy Communion” a useful and a free downloadable booklet:

[https://www.urc.org.uk/images/Free-Ebooks/Valuing_Children -
_Holy_Comm_2018.pdf](https://www.urc.org.uk/images/Free-Ebooks/Valuing_Children_-_Holy_Comm_2018.pdf)

You may also find the following document produced by our sisters and brothers in the Methodist Church a helpful resource as well:

<http://www.methodist.org.uk/downloads/conf-children-and-holy-communion-2000.pdf>

Much of the material available comes from across the denominations but this should not cause you too many difficulties as you will find that the majority of Communion Service material/structure is very similar in all our churches. Obviously individual local practice may be different in some ways but the general structure should be easily identifiable whichever denomination has produced specific individual material.

You can find the specific material provided for URC churches in the Worship material at our Assembly website:

<https://www.urc.org.uk/worship-book.html>

There are a large number of books/packs which provide lots of practical resources for looking at Holy Communion with children and young people. We have listed a few of them here.

In the Holy Habits booklet, *Breaking Bread* (BRF, 2018) you will find more practical help to look at *Breaking Bread* with your children and young people; they suggest a number of specific activities that could be used including:

www.godlyplay.org.uk

and on YouTube at www.youtube.com/watch?v=AYO_382TpCc&feature=youtu.be

Lucy Moore's book, *Messy Church 2* (BRF, 2008) pages 200-210.

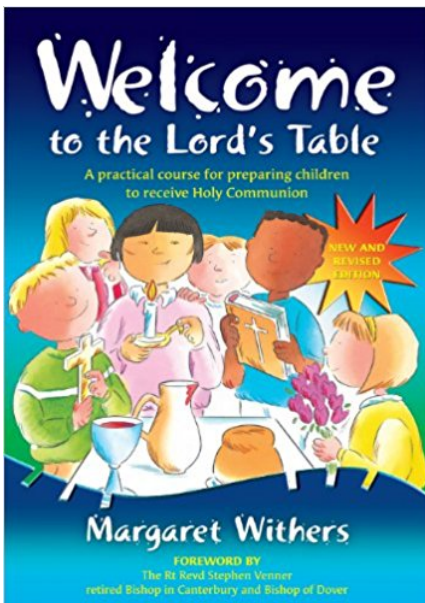
<https://www.messychurch.org.uk/resource/messy-church-2>

These links are to some material that you may find useful with older young people from about 12 upwards:

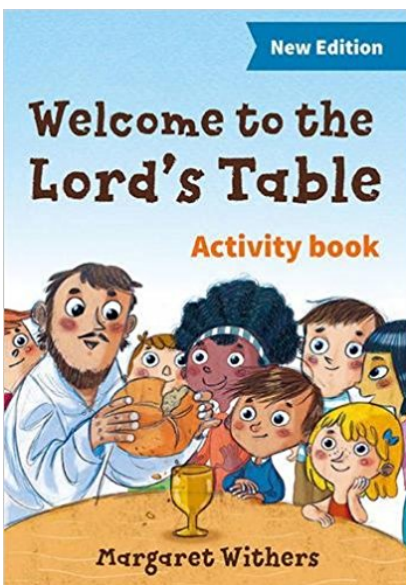
<http://www.barnabasinchurches.org.uk/pdfs/9781841015330.pdf>

<http://request.org.uk/teachers/teaching-resources/festivals-resources/holy-week/2014/03/18/lesson-plan-the-last-supper/>

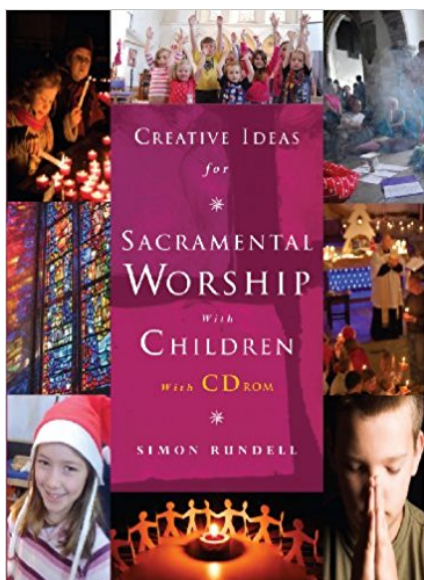
Resources



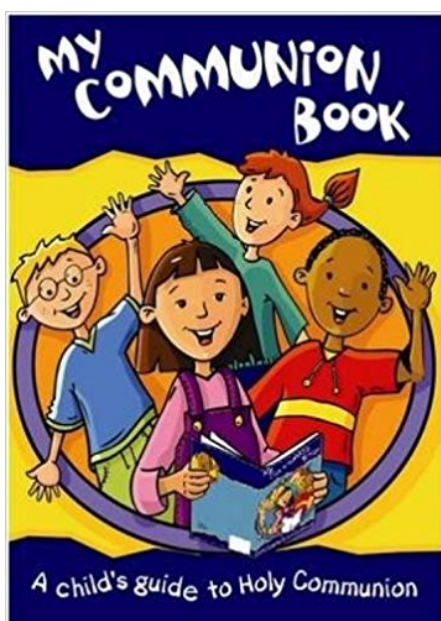
This book revises and refreshes both the text and the design of Margaret Withers' hugely popular and successful course book, *Welcome to the Lord's Table*, first published in 1999. The course book material covers all the key elements of what it means to be on the Christian journey and helps the child, together with his or her family and the congregation as a whole, to move towards the child's Holy Communion. The material is divided into ten units, with four opportunities to mark the journey with the worshipping community as the course progresses. The course book contains revised information concerning Child Protection and DBS clearance and has relevant contact information and website addresses. An activity book for the child to own and complete accompanies the course book.



Every page in this book has been designed to help you mark a very important journey. Step by step it will help you to learn all about belonging to God's family. So it's about you and God. You can fill in the pages by yourself, or with the help of a grown-up. If you are using this activity book as part of your church's *Welcome to the Lord's Table* programme you will have the opportunity to offer it at your first Holy Communion as a sign that you belong to God and are part of his family.

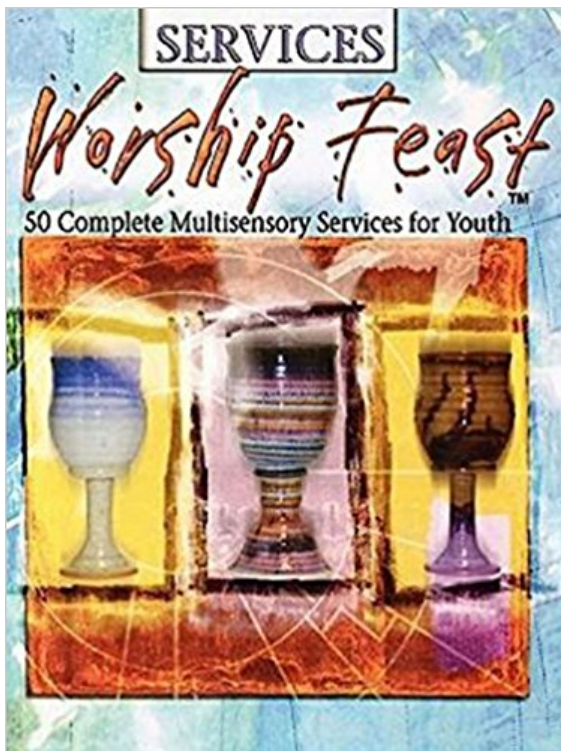


Everyone desires to involve children in the life and worship of the Church, and yet we panic about how we can't engage them and enable them to express their innate spirituality. How does the sacramental life of the Church touch the lives of the young? How can the traditions of the Church come alive for those who are more attuned to television and computer games?

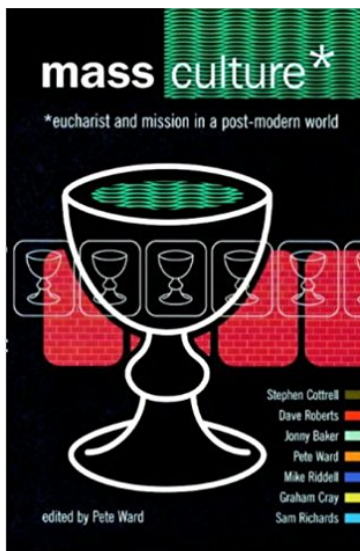


This fully-revised edition of My Communion Book helps children gain a better understanding of Holy Communion.

This resource for children and families is primarily aimed at 4 to 8 year olds. It can be used initially as a sharing book, adult and child reading together, but children may use it at times on their own. Taking the child through the service, the book explains key words and asks questions that relate directly to the child, helping them to engage with the service of Holy Communion in a fun, interesting and meaningful way.



Worship Feast was especially designed for youth workers and pastors who want to reach young people in their worship services by taking the sacred traditions of the worshipping church and blending them with current experiences. Serve youth a worship menu that leaves them inspired...and full.



Mass Culture Edited by Pete Ward, BRF

Breaking of Bread - while Church teaching varies as to its exact significance, and while it is celebrated with a variety of words and gestures, almost all Christians agree that it is - in one way or another - an encounter with the living God. At the same time, however, it takes place within a very human creation of music, liturgy and ritual. Seven chapters, each by a different contributor (including our own Sam Richards), examine the variety of ways in which the Eucharist can be used to challenge and inspire growing Christians, new Christians and those on the fringes of the church. There is particular stress on how it can impact young people and young adults