

MAY 16, 2020

# eONLINE *Communion* GUIDE



Seventh-day  
Adventist® Church  
FIRST BILINGUAL





# ONLINE *Communion* GUIDE

This guide has been created with the intention of leading you and your family in this new experience of Online Communion.

In these new circumstances which we all are facing, we must not forget that Social Distancing doesn't mean Spiritual Distancing. Rather, it is an opportunity to reflect and renew our relationship with God and our fellow brethren.

This is why the Elders and Pastor decided to lead our congregation through this experienced that has never been done before in our local church.

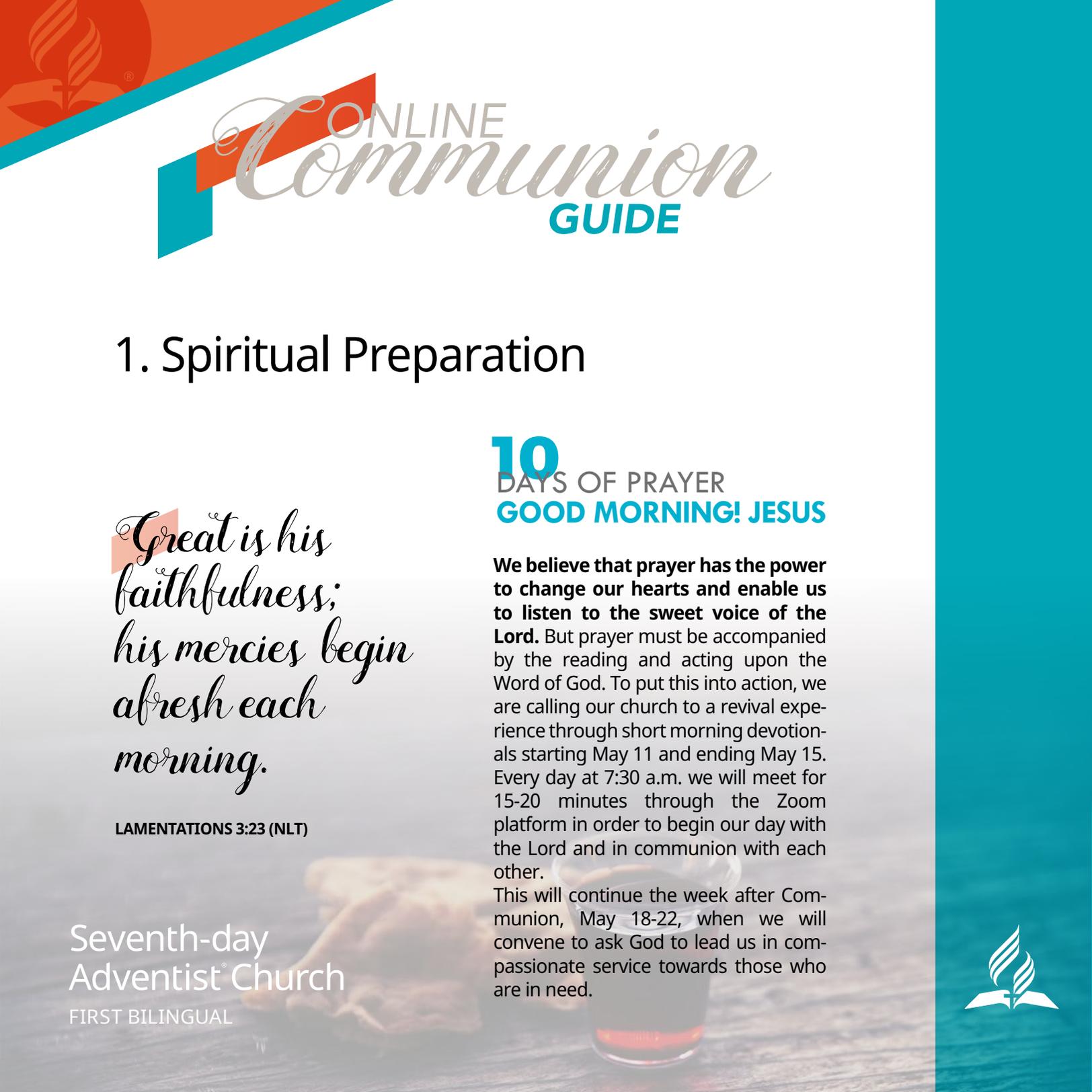
Due to the atypical times we are living, our Communion will also adopt a new extended format.

Starting on the right, you will find a guide to help lead you though this unforgettable sacred day.

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1. Spiritual Preparation.
  2. Preparation and set up.
  3. Schedule.
  4. Reflection on Foot Washing.
  5. Communion Bread recipe.
  6. Introduction to Zoom.

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## 1. Spiritual Preparation

*Great is his  
faithfulness;  
his mercies begin  
afresh each  
morning.*

LAMENTATIONS 3:23 (NLT)

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### 10 DAYS OF PRAYER GOOD MORNING! JESUS

**We believe that prayer has the power to change our hearts and enable us to listen to the sweet voice of the Lord.** But prayer must be accompanied by the reading and acting upon the Word of God. To put this into action, we are calling our church to a revival experience through short morning devotionals starting May 11 and ending May 15. Every day at 7:30 a.m. we will meet for 15-20 minutes through the Zoom platform in order to begin our day with the Lord and in communion with each other.

This will continue the week after Communion, May 18-22, when we will convene to ask God to lead us in compassionate service towards those who are in need.





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## 2. Preparation and Set Up

**1. Purchase grape juice.** If you don't have at home already, consider trying the organic varieties and/or those with less sugar.

**2. Prepare an amazing Sabbath Lunch on Friday.** In order to have the whole family completely enjoy the Sabbath, the Bible teaches us to have everything ready at least the one day in advance.

**3. Bake Your Own Communion Bread.** Unleavened bread simply is bread baked without a rising agent. Most large grocery stores stock unleavened bread. This can be prepared the day before or the morning of the scheduled Communion (recipe attached). If you cannot bake the bread, don't hesitate to

contact Elder Marie (908) 406-1275 by Wednesday.

**4. Prepare a comfortable and special seating arrangement** in which everybody will be able to see and serve each other.

**5. Prepare 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. "Reflection on Foot Washing" (Section 4) has been prepared for you to read during this special time.

**6. Consider resources for kids:**

**VIDEO:** The Last Super (The New Covenant, Communion for kids)

**VIDEO:** WHAT IS COMMUNION? RESOURCE | Kids on the Move

**VIDEO:** The Story of Easter (The Last Supper)





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## 3. Schedule

**1. “Virtual lunch” with your family and/or friends.** 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 lunch” with family and/or friends over FaceTime, WhatsApp, or Zoom. During lunch the goal is to enjoy some quality time with your family, engaging in spiritual conversations. You may ask your own question or use the following ones:

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

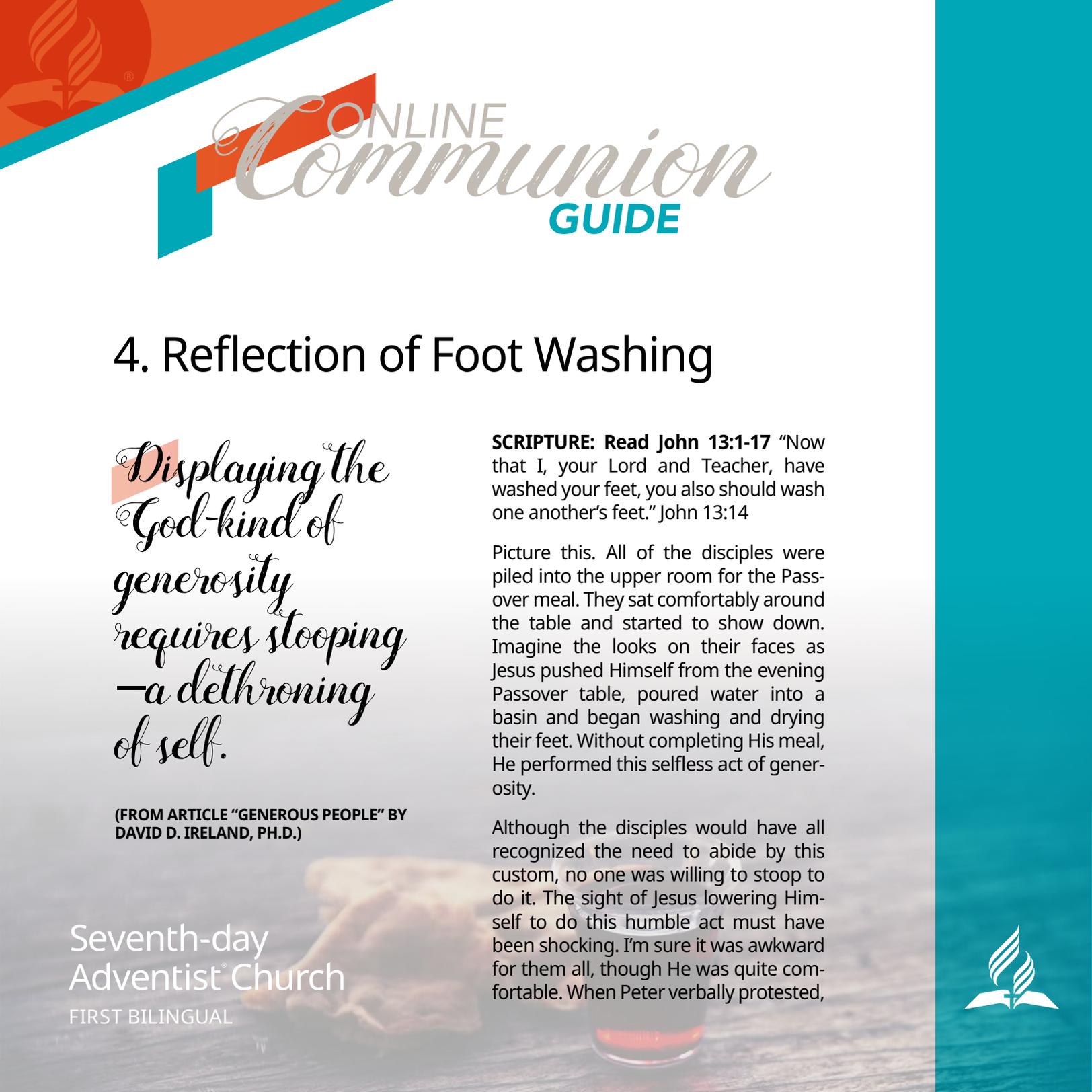
- a. God
- b. Yourself
- c. Someone you have been quarantined with
- d. Others

**Question:** How did Communion impact the Disciples and how should impact our life today?

**2. At 3:15 p.m.** Gather for the Online Communion Experience. Have available: (1) your Bible; (2) “Reflection on Foot Washing” 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), and small glass/es of grape juice.

**3. At 3:30 p.m.** Log into the **Zoom** meeting. This experience will include readings, prayer, a brief devotional, music, and reflections. The Elders and Pastor will guide you through the foot washing process and communion partaking. All you need to do is follow along online.





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## 4. Reflection of Foot Washing

*Displaying the  
God-kind of  
generosity  
requires stooping  
—a dethroning  
of self.*

(FROM ARTICLE “GENEROUS PEOPLE” BY  
DAVID D. IRELAND, PH.D.)

**SCRIPTURE:** Read **John 13:1-17** “Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet.” John 13:14

Picture this. All of the disciples were piled into the upper room for the Passover meal. They sat comfortably around the table and started to show down. Imagine the looks on their faces as Jesus pushed Himself from the evening Passover table, poured water into a basin and began washing and drying their feet. Without completing His meal, He performed this selfless act of generosity.

Although the disciples would have all recognized the need to abide by this custom, no one was willing to stoop to do it. The sight of Jesus lowering Himself to do this humble act must have been shocking. I’m sure it was awkward for them all, though He was quite comfortable. When Peter verbally protested,





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## 4. Reflection of Foot Washing (Cont.)

declaring to Jesus, “You shall never wash my feet,” he surely spoke for the others. Jesus told him: “Unless I wash you, you have no part of Me.” (John 13:8) I can understand Peter’s reluctance to allow Jesus to wash his feet. After all, foot washing was beneath Him. Right?

Ironically, when we piece together the four gospels (Matthew, Mark, Luke, and John), we learn that before they entered the upper room, the disciples had been arguing about which one of them was the greatest (Matt. 18:1-9). They were so preoccupied with self that it hindered them from being big-hearted. Little did they know that their thoughts and behavior placed them in the same category as the unconverted, self-centered people they were called to help lead.

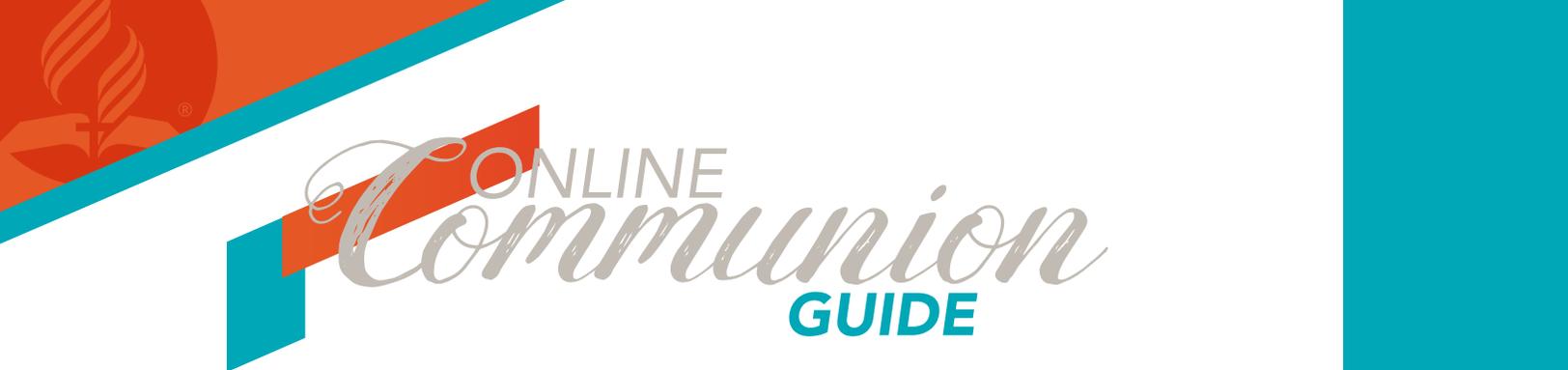
Imagine what the feet of those first-century working men must have looked like. They weren’t soft and cute after pedicures from the local downtown Jerusalem salon. Some of them were fishermen. All of them wore sandals and walked the dusty roads. This foot washing lesson raised the level of Jesus’ example of humility and generosity of service. His behavior was not forced, scripted, or isolated. Generosity was part of His character and person just like His well-known traits like faithfulness, mercy, and kindness.

Lest we forget, Jesus performed this extravagant display of unconditional love and humility toward His apostles on a very fraught occasion, at a time He knew He would soon leave the earth to be with His Father. Already, the devil had prompted Judas to betray Jesus. Christ was aware that one of His 12 disciples would soon renounce Him. Still He washed the feet of each.

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## 5. Communion Bread Recipe

### *Ingredients*

1 Cup fine-ground flour (preferably whole grain)

1/4 Teaspoon salt

2 Tablespoons cold water

1/4 Cup olive or other vegetable oil

### *Instructions*

Sift the flour and salt together. Pour the water into the oil, but do not stir. Add to the dry ingredients and mix with a fork until all the flour is dampened. Roll out between two sheets of waxed paper to the thickness of thick pie pastry. Place on an ungreased, floured baking sheet, and mark off with a sharp knife into bite-sized squares, being careful to prick each square to prevent blistering. Bake at 450 for 10 to 15 minutes. Watch carefully during the last five minutes to ensure that the bread will not burn. This recipe will be sufficient to serve about fifty people.



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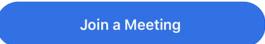
## 6. Introduction to Zoom

Lately, Zoom has become one of the most popular apps. It gives the opportunity to stay connected in spite of the distance. Our church has adopted this app and we have been using it for every meeting. Below is some information on how to get started.

### Non-Smartphone Users

1. Call **(646) 876 9923**.
2. Enter the Meeting ID **402 958 1981** #.
3. As the Participants ID just press #.
4. Enter Meeting Password **111954#**.
5. You will soon allowed into the Meeting.

### iPhone Users

1. Access App Store on your phone. 
2. Look for Zoom  & tap on GET.
3. Open the Zoom app on your phone.
4. Tap on 
5. Type **402 958 1981** (Meeting ID)
6. Type **111954** (Meeting Password).
7. Tap on "Call using Internet Audio".

### Android Users

1. Access Play Store on your phone. 
2. Look for Zoom  & tap on INSTALL.
3. Open the Zoom app on your phone.
4. Tap on 
5. Type **402 958 1981** (Meeting ID)
6. Type **111954** (Meeting Password).
7. Tap on "Call using Internet Audio".

