

# Communion Milestone



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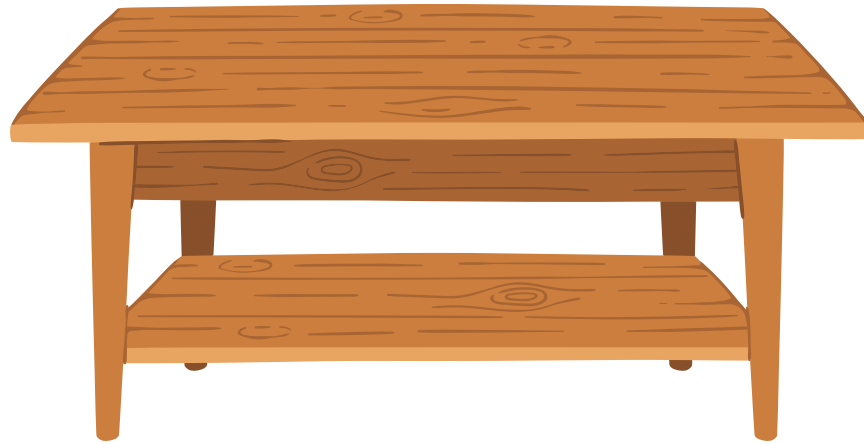
**Do you remember a time when you've had communion? Write, draw, or tell someone what you remember about it!**

Communion is a **ritual** that comes from the story of Jesus sharing a last meal with his friends before he died. It involves eating bread or a wafer and drinking wine or juice, along with praying and reading scripture, to remember that Jesus is with us.

*from "New Directions for Holy Questions" by Claire Brown and Anita Peebles*

## **On Maundy Thursday, we remember the story of Jesus sharing his last meal with his friends.**

- Many faith traditions eat a special meal to remember their connection to each other and to God.
- Jesus loved having meals with others! Can you remember a story about Jesus when he shares food with other people?



**Food and drink are what nourish our bodies and give us life! Each time we nourish our bodies, even when we're not at church, we remember that God created us and loves us, and gives us life.**

Who do you share meals with in your life?

