



Life 2.0 at St. Peter's

Holy Communion

Activity Guidelines

All LIFE 2.0 activities are designed for families and individuals to move independently through each station. General guidelines are listed below, but you are encouraged to make the activity meaningful to you and your experience. Feel free to interact with others at the table, as fellowship is one of our goals, but we ask adults at the table to help keep the younger participants focused as much as possible.

Symbols of Holy Communion

In church we use many symbols to refer to Holy Communion. Some of them represent Jesus, some of them represent the bread and wine we drink, and some of them represent the Holy Spirit.

We remember Jesus at Holy Communion because we are thankful for his gifts to us. We use the wine to represent his sacrifice for us on Good Friday, and we use the bread to represent the body of Christ. Other symbols represent the Holy Spirit, who is present at Communion.

Draw some of the symbols of Holy Communion—which ones do you think are important? Can you think of others that aren't on the list?

Email photos to formation@stpetersfreehold.org and check out our website at www.stpetersfreehold.org/faith-at-church

Questions to Consider:

- What part of Holy Communion do you like the best?
- What part is most important to you?
- Holy Communion is food, but for our soul. Do you think it is possible for your soul to be hungry or thirsty?
- What are your favorite symbols of Holy Communion? How did you draw them here?
- What are some other symbols in the church that you like?