

Dear Parents,

At Common Ground Midtown, we believe that the communion table is a profound moment to experience God's love through Christ. It is a time for the church family to be reminded of Jesus' death on the cross that pays the price for our sin and God's work to restore His creation. We celebrate communion every week and invite all who look to Jesus for God's grace and mercy, including children, to the "family meal."

The inclusion of children is primarily based on our understanding that communion is greatly linked to the celebration of Passover. At a Jewish Passover, the children have very active roles, including the youngest child present asking, "Why is this night different from all other nights?" We believe that children at Common Ground Midtown also have the capacity of asking and answering, "Why is this meal different from all other meals?" referring to communion.

That said, we would ask parents to wait until their child has expressed interest in communion before they participate. Waiting provides an opportunity for parents to assess their child's level of faith understanding and to observe how God may be revealing Himself to their child. Parents can help prepare their child by talking about Passover, Jesus' last supper, and sharing why they take communion.

When in the sanctuary, many children see the plate of crackers and may reach for it like the free samples at the store. Take these moments to gently explain the importance of this bread and what its meaning holds to those who follow Jesus.

Lastly, we highly recommend parents using the [You're Invited](#) book to explain the meaning of the Lord's Supper. We believe this resource is a helpful way to discern if your child is ready.

If you have any questions, please contact Lynne Smiley or Jim Matthies.

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