



Celebrating Communion

Written and photographed by Daniel Giles



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Photo of altar piece at Sacred Heart Cathedral, Bendigo taken by the author. Permission to use photo granted by staff at Sacred Heart Cathedral parish.

Communion is about remembering Jesus sharing
with His friends at the Last Supper and strengthening our faith.



For Communion, people may eat bread or crackers.



Sometimes, the bread may look like wafers instead.



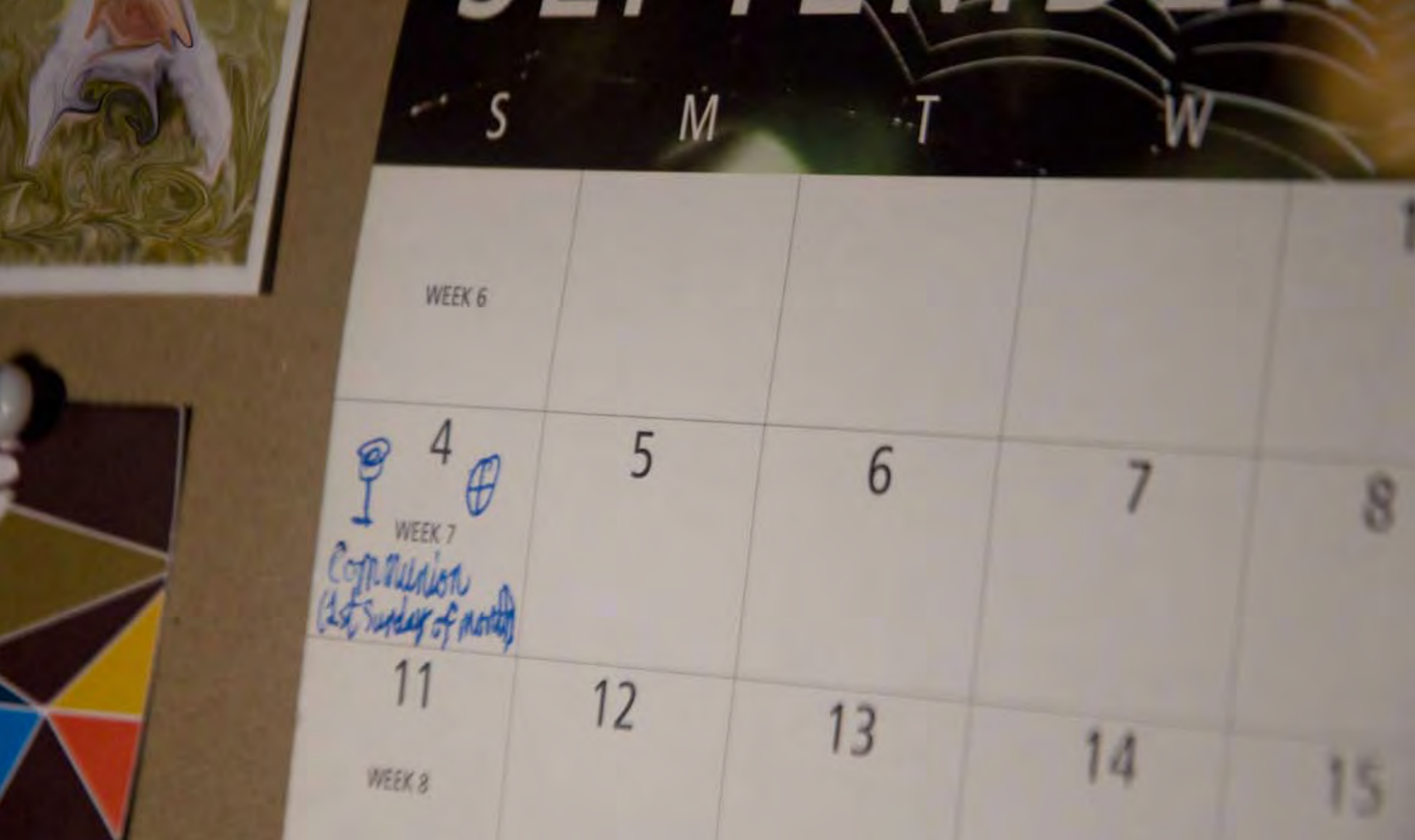
For Communion, people also drink wine.



Sometimes, people may drink grape juice instead of wine.



Some churches celebrate Communion every week.



Other churches celebrate Communion occasionally.



In some churches, people line up and walk to the front of the church to take Communion.



This means that people may stand while taking Communion.



In some churches, people kneel while taking Communion.



In some churches, people stay in their seats to take Communion.



People may drink the wine or grape juice from a large cup that is shared with other people.



In some churches, people may drink the wine from their own cup.



I may need to say something when taking Communion.
A parent or trusted adult can teach me what to say.



If I cannot take Communion, I may be able to get a blessing from the celebrant instead.
This may depend on where I go to church.



For a blessing, I may need to line up with other people
and perhaps cross my arms on my chest (or do something else).



The celebrant will see my arms on my chest
and say a special blessing to me.



If I am unsure about how to take Communion,
my parents or another trusted adult can help me.



While there are many ways of celebrating Communion,
it is about worshipping God by being fed and strengthened by Him.

Notes for parents



This resource has been created to assist people with Autism Spectrum Disorders (ASDs) and their peers in understanding the social situation of attending church services. This booklet focusses upon abstract religious concepts (such as prayer) and the structure of church routines. The underlying theme is that while churches may conduct their services in many ways, they exist for a single purpose: to 'know, love and serve God'.

This resource is suitable for preparing a person with an ASD to confidently attend a church service.

About the author/designer



Photo © Michael Nix

The series *What Happens in Church* has been created by Daniel Giles – an honours student at La Trobe University (Bendigo) and an individual living with an Autism Spectrum Disorder (ASD).

This project has been inspired by his various passions of: graphic design, photography, assisting other people with ASDs and most importantly, living out his faith in God.

Daniel is pictured above with another project he created for people with ASDs titled *Facing Our Feelings*.

Acknowledgements

This project is dedicated to the God who desires for people with ASDs to know, love and serve Him (as He does of all humanity). This resource could not have been produced without Him.

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