

## **Holy Eucharist at Saint Thomas's**

### *A Sacred Invitation*

Holy Eucharist at Saint Thomas's is a sacred time for all to come together and receive the sacrament of Christ or a blessing. We welcome everyone to join us at God's table, which is open to all, not just us.

During the service, please come forward up the center aisle. If you desire a blessing, simply cross your arms over your chest. To receive the host, hold out your open hands. Gluten-free bread is available upon request. Receiving the wine is optional; you can either drink from the cup or intinct (dip) the bread into the wine.

After receiving, use the side aisles to return to your pew. If you are unable to come forward, let an usher know, and communion will be brought to you.