



Atonement Lutheran Church
1144 29th Ave N., St Cloud, MN 56303

HOLY COMMUNION

Holy Communion is the true body and blood of Jesus Christ, given to us in, with, and under bread and wine, according to Jesus' own command and promise. Atonement's tradition is to offer special instruction in the meaning and effect of this sacrament to children in primary school in the weeks leading up to Holy Week, with public recognition for and celebration of preparation at Maundy Thursday Worship. This formal instruction is not, however, required for Christians of any age as a gateway to receiving the sacrament. Christ's holy meal is for all of the baptized, regardless of their ability to comprehend the mystery; all that is needful is trust in Jesus' promise that he is present in the elements, which are "given and shed for you".