



Communion Services

Water Communion

On the first Sunday after Labor Day, we celebrate Water Communion. Each of us brings a small amount of water from our travels – or from our tap – that is mixed with water from others in our congregation. The blending of the water signifies our coming back together after many of us have been away for the summer. The water, which we now consider to be holy, is combined with water from previous years, boiled, and used for blessings and ceremonies.

Hunger Communion

On the Sunday before Thanksgiving, we celebrate Hunger Communion. A single loaf of bread is used to represent all the food in the world. The bread is passed through the congregation and each person takes a small piece making sure that there is enough for all. Through this ceremony, we remember during this time of harvest and feasting, that there is enough food in the world to feed everyone who is hungry.

Good Friday Commemorative Communion

Good Friday is the holiest of Christian holidays. It is the tradition of First Unitarian to commemorate the memory of the teachings of Jesus with a solemn communion service. The service is generally held in the early evening of Good Friday with our ten deacons presiding and serving communion wine and bread.

Fire Communion

Most Sundays, members of the congregation are invited to silently light candles of joy and concern. On Easter Sunday, the candles are replaced with small pieces of flash paper. When we burn the paper, we are celebrating. Like the Phoenix rising from the ashes, a time of renewal and rebirth.

Flower Communion

On a designated spring day, each member of our community brings a flower to the worship service. During the service the flowers are distributed so that everyone leaves with a flower as a gift from someone else. Flower Communion is celebrated by many Unitarian Universalist congregations. Its history dates back to Eastern Europe before World War II. Read more about [Flower Communion here](#).