

Sacramental Moments

Sacraments are physical, tangible, or ritual practices that express something bigger than words can communicate. Sacraments embody love and grace that are bigger than we can imagine in ways that we can practice and share. Over the years, different expressions of the Church have practiced or prioritized some more than others. None are required to receive God's love or be claimed by our Church, yet all sacraments hope to each us something about God and ourselves.

Historic Sacraments

The Roman Catholic Church still practice all seven

- 1. Baptism**
- 2. Communion**
- 3. Confirmation**
- 4. Confession**
- 5. Anointing the Sick**
- 6. Marriage**
- 7. Ordination of Clergy**

Our Sacraments Today

What our Church practices Today

- 1. Baptism**
- 2. Communion**

*Because we have so many people who come from different Christian traditions, our congregation has left the celebration of Baptism up to individuals and families.

Other Sacramental Moments in Life and Worship

Sacraments were described by Augustine of Hippo as “**an outward expression of inward grace.**”

There may be special moments in your life that match that description. Use the space below to write about, draw, or list such experiences in your life.

What are your earliest memories of a Church ritual or sacrament?

From Joshua's Stones to Ours

Each week in worship, we provide time for people to reflect on God's presence in their life, including the symbols of rocks and paper cranes. The cranes are a newer symbol, drawing on the hope of a young girl in Japan who made the legend of 1,000 paper cranes come to life for generations to come. The stones have a much older meaning. We remember the story from Joshua as well as our Jewish ancestors placing stones as acts of remembrance. We remember Jesus saying the rocks would shout out loud if God's people remained silent, and the stone rolled away from Jesus tomb. The rocks provide a solid reminder of God's presence when our hearts are heavy or troubled. Placing either on our alter is an outward sign of inward emotions.

What other places or practices connect you to God?

What moments in your life felt different, or sacramental?

What family celebrations or traditions are sacramental to you?

What is your favorite Church tradition or service, and why?