

The Table at New City Church

The Table (also known as *Communion*, *The Lord's Supper*, or *Eucharist*) is a sacred practice in the Christian faith that is one of the richest symbols we experience together as the gathered body of Christ. Each time we come to the Table, we remember Christ's sacrifice for us, we proclaim the reality of his resurrection, and we await his coming in glory. This sacred act uniquely nourishes us, and it is a gift that we have the chance to celebrate together once a month. Table Sundays are often some of the most impactful days, and we hope you have the opportunity to experience this transformative practice on a regular basis.

We celebrate the Table in the form of *intinction*, which means that the bread is dipped into the cup. When you come forward, our leaders will serve you and remind you that Christ's body was given and his blood was shed for you. It is a very communal, intentional, and worshipful time of the service.

Remembering Christ's Sacrifice

At the heart of communion is the act of remembering Jesus Christ's sacrificial death on the cross. When Christians partake of the bread and the cup, we recall how Jesus gave his body and shed his blood for the forgiveness of sins. This remembrance is not merely a reflection on a past event, but a living participation in the grace that Christ offers through his sacrifice. Due to its significance, the Table is only open to believers. If you are not a believer, you are still welcome to participate by coming forward to receive a blessing from one of our leaders. But at New City, we practice an open table, meaning that it doesn't matter what tradition you come from, if you are a believer, you have a seat at the Table!

Proclaiming the Reality of His Resurrection

The Table is also a proclamation of the reality of Christ's resurrection. By sharing in the meal, we declare that Jesus did not remain in the grave, but rose again, conquering sin and death. This act affirms the ongoing presence and power of the risen Christ in the lives of his followers. The reality of the resurrection changes everything, and we embrace that reality each time we celebrate together.

Awaiting His Coming in Glory

Finally, communion is an expression of hope and anticipation. As we celebrate, we look forward to the day when Christ will return in glory to establish his kingdom in fullness. One day, we will participate in the wedding supper (Rev. 19:6–9), and that future hope shapes our lives, encouraging us to live in faith and expectation until he comes again. The simple elements of bread and cup remind us of the bigger story of redemption.

We hope this has given some context for why this practice is a vital part of our worshiping life as a community and an integral part of your discipleship journey. If you have any questions, please reach out at info@newcity.us!

Further reading: [*The Meal Jesus Gave Us*, N. T. Wright](#)