**Lesson 3:**

**Which two people do you think, the act of sharing in Holy Communion, has influenced them the most, in the way they have chosen to live their lives?**

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| Nadia attends a Holy Communion service every week and helps weekly at the local food bank as her act of Christian service. | Amira is a care assistant at a local care home for the elderly. She says it is because she is reminded each week when she receives Holy Communion, the importance that we are all one body that she continues to care for the elderly, many of whom do not have a family. | Selina attends a Holy Communion service regularly and is always doing acts of kindness for her neighbours. She says it is her way of showing God’s love. | Since attending a local church and sharing in Holy Communion, Jo has joined the pastoral team that provide care on the streets late at night when the night clubs close. |
| Paul has been a regular attendee at Holy Communion services for over forty years. He believes everything he does in life is a demonstration of his love for God because of what Jesus did on the cross for him. | Jess believes that it is, because of experience of sharing in Holy Communion each week, that she cooks a meal every Monday evening for anyone who wishes to come and share in the meal.  | Jamir used to attend Holy Communion services every week and because of that, started helping out at the local youth club. He no longer attends Holy Communion services but still helps out at the youth club. | Peter attends a Holy Communion service occasionally and helps out three times a week at the local night shelter for the homeless. |