## Midnight Communion (Also known as Midnight Eucharist or Midnight Mass)

This is a special service held late on Christmas Eve, and as such is the first communion service of the Christmas season. By having a service at this time we are sharing in the anticipation of the joy of Christmas and celebrating its message of good news by stepping outside our usual tradition of daytime services. The service normally contains carols, a short talk, and the sharing of bread and wine in an act of Holy Communion. Many Christian churches, though not all, hold a service at this time on Christmas Eve. A service of Holy Communion may also be held earlier in the evening, any time after sundown.

At the centre of it is someone who is joy and love, whatever situation you're in, which is Jesus. When we meet Jesus Christ we find love and healing and hope and certainty and an underpinning of our lives that gives us a sense of where we're going and what we're called to be.