

LITURGY BYTES

Longing for Jesus



As we wait for freer moments and life as we knew it to return, I cannot help remembering the longings I experienced when the church was not open for Mass. Please keep in mind, this is in no way meant to point fingers at those watching Mass from home and not having the opportunity to receive Holy Communion at this time. Today, I am focusing on receiving Our Lord in the Eucharist and what a privileged moment that is.

During the pandemic, for so many, the live streamed Mass has been an important connection to our spiritual life, and also a link to our parish family. I have heard families being vigilant in gathering everyone around the TV each week to watch the Mass – from the youngest infant to the family pets. Some have reported how this weekly occurrence is seen as a priority for their family. Even though we hope that these same families will, once again, join us in person, we should be hopeful they are embracing the importance of what that “one hour” a week truly means to each of us. I know we have gained some new faces through this HCTV experience too!

Back in the day, I recall as a child being bored and not really understanding what was happening at the altar. It was pre-Vatican II days, so the only words I understood came from the priest in the form of a sermon. However, the one thing I do remember is, at the time of the consecration, my mother would quietly remind me that Jesus is here with us now and that I should say *I love you* in my heart. On many occasions, once I heard the bells, I knew what was coming next from my mother, and so eventually I would say it to her before she got the words out. Even after I was old enough to receive Holy Communion, I continued to quietly echo what had been taught by my mother.

I did try to pass this on to my own children with the hope they would embrace it and hold it dear to them. For I believe we do learn from the innocence of little children and need to never forget that fact.

So, whether you are home watching a live streamed Mass or in church with young children, whisper that reminder “*Jesus is here*” in their ears and pique their curiosity. Of course, you might have to be prepared for many questions or a “I know that” reply! Even if there are no children near, ponder that realization that Jesus is with us, and in a few moments He will be part of us. Go forth and become what you receive!

Have a safe, peaceful, healthy, and blessed week! ~~*Michele Hahn*

Anima Christi

Soul of Christ sanctify me.
Body of Christ, save me.
Blood of Christ, fill me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Hide me within your wounds.
Do not allow me to be separated from you.
From the malicious enemy defend me.
In the hour of death call me
and bid me come to you that
I may praise you for ever and ever. Amen.

Spiritual Communion

My Jesus, I believe you are really present
in the Blessed Sacrament.
I love you more than anything in the world,
and I hunger to receive you.
But since I cannot receive Communion
at this moment,
feed my soul at least spiritually.
I unite myself to you now as I do
when I actually receive you.
Never let me drift away from you.
Amen.