



COMMUNION



LITURGY BYTES *by Michele Hall*



Following the Lamb of God, quiet descends upon this time of the Mass as we prepare to receive Our Lord in the Eucharist. Row by row parishioners approach the altar in lines via the center and side aisles. Music accompanies this ritual too.

As most of us know, this moment is an occasion for personal encounter with the living God. Cyril of Jerusalem said this about our posture coming forward to receive: "So, when you come forward, do not come with an arm extended or fingers parted. Make your left hand a throne for your right since your right hand is about to welcome a King. Cup your palm and receive in it, Christ's body, saying in response, Amen. After partaking of Christ's body, go to receive the chalice of his blood. Do not stretch your hands for it. Bow your head and say Amen to show your homage and reverence."

Even though Cyril mentions receiving with your right hand, those of us who are lefthanded do the opposite of what is said above. Most importantly, when we receive Christ's Body in our hands, we should gently and carefully place it into our mouths.

Some may have noticed a practice called intinction that some of our sisters and brothers do in order to receive under both forms of bread and wine. The US Bishops emphasize this point: "The communicant, including the extraordinary minister, is never allowed to self-communicate, even by means of intinction. Communion under either form, bread, or wine, must always be given by an ordinary or extraordinary minister of Holy Communion."

The beautiful prayers after Communion move us to give thanks for what God has done in giving us his Body and Blood.

*O Sacrament, most Holy, O Sacrament Divine,
all praise and all thanksgiving, be every moment Thine.*

Have a blessed week ahead!