

Holy Communion

Holy Communion is a great mystery, to be approached with reverence and awe. Each time we receive Holy Communion, we receive the Body and Blood of Jesus. Not just a symbol, rather it is literally the body, blood, soul and divinity of our Lord Jesus Christ, who gives Himself to us. It's the same body He sacrificed on the Cross, the same Blood He poured out with indescribable love. This is the essence of the Eucharist, it is Jesus offering Himself up for you on the Cross, an absolute demonstration of His love for you now and for all eternity.

When approaching to receive Holy Communion, walk reverently with hands folded in prayer. As you approach the Priest or Extraordinary Minister of Holy Communion (EMHC), make a bow of your head in reverence. You may receive Holy Communion on the tongue or in your hands. When you receive in the hand, place one hand over the other palm, creating a "throne" to receive the King; consume immediately.

The act of Communion is an act of faith. When the Priest or EMHC says, "The Body of Christ" or "The Blood of Christ," the communicant's "Amen" is a profession in the presence of the saving Christ, who now gives life to the believer. After receiving communion kneel or sit in silent thanksgiving – express gratitude to Jesus for His presence in the Eucharist. You are encouraged to call to mind and renew the personal intention you made during the Collect, as the Lord is now within you.

Did you know: We "receive" Holy Communion, never "take." Therefore, dipping of the host in the chalice (known as intinction) is not allowed for the lay faithful. The Blood of Christ is received by taking a sip from the chalice.

Good practice: Pope John Paul II, known for his deep devotion to the Eucharist, would typically spend a significant amount of time in quiet prayer and contemplation after receiving communion, often described as a moment of "thanksgiving" where he would personally connect with Christ, reflecting on the gift he had received and allowing the grace of the sacrament to permeate his being; he strongly encouraged others to do the same.

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