



CREDO

Know your Faith + Love your Faith + Share your Faith

Preparing for Holy Mass and Communion

Lex orandi, lex credendi

"For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way also the cup, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes"

1 Corinthians 11:23-26

Lex orandi, lex credendi. (The law of prayer is the law of belief.) **What we believe in response to God's revelation affects how we pray. Praying reinforces what we believe.** Our parish is generally reverent, devoted to Holy Mass and Eucharistic Adoration. Our devotion is lived out in our relationships and our communities. **Familiar rituals can lull us into a sense of complacency sometimes.** It is helpful to recall what we are doing and why.

The Sunday Obligation

Sunday is "The Lord's Day" because Christ rose from the dead on a Sunday. Jesus instituted the Eucharist when He said, "Do this in memory of me." The early Church was devoted to offering the Eucharistic sacrifice. **We are obliged to worship during Holy Mass on Sundays and other designated holy days.** Freely choosing to skip it on these days is a grave sin which must be confessed before receiving Holy Communion again. The person has ignored the Lord's command. **Christians place importance on whatever Christ said is important for our lives.** Note that no obligation exists if a person is sick or infirm, taking care of a person who is sick or infirm, or inclement weather makes traveling to church dangerous.

Source and Summit of Christian Life

The Second Vatican Council reinforced the teaching that the offering of the Eucharistic sacrifice is the "source and summit" of the Christian life (*Sacrosanctum Concilium* 10). **Our pilgrimage to the altar reminds us of our ongoing pilgrimage to share eternity with God in heaven.** We will worship God unceasingly and experience a joyous communion with God beyond our imagining.

Church Teaching on the Eucharist

What does the Church teach about the Eucharist? **By the power of the Holy Spirit and the words of Christ offered by a priest or bishop ordained in the apostolic succession, the bread and wine are totally transformed into the Body and Blood, Soul and Divinity of the Lord Jesus Christ.**

Whether we receive the Sacred Body alone or the Precious Blood alone, we are receiving the Body *and* Blood of Christ. Some people must receive from the Precious Blood alone due to allergies. **Our parish provides low gluten hosts (.01%) for those who have this medical condition.** Do not hesitate to ask for a low gluten host to be consecrated by visiting the sacristy at least ten minutes before Holy Mass.

The Communion Fast

Since the Eucharist is not ordinary food, healthy Catholics fast at least one hour before receiving Holy Communion. Water and medicine do not break the fast. "Those who are advanced in age or who suffer from any infirmity, as well as those who take care of them, can receive the Most Holy Eucharist even if they have taken something during the previous hour" (Canon 919 §3 - *Code of Canon Law*).

Please turn this page over.

Prepare Throughout the Week

Holy Mass is the most important appointment of our week. We are participating in the one and eternal sacrifice of Our Lord, who was crucified, died, rose from the dead, and has ascended into heaven.

We prepare by cooperating with God's grace in our choices and conduct. Any mortal or grave sins need to be absolved in the Sacrament of Reconciliation before receiving Holy Communion. The mercy of God is never exhausted. However, the availability of the Sacrament of Reconciliation should not weaken our resistance to temptation. **Our desire for the Eucharist moves us to make Christ-like choices in thought, speech, and action during the week.**

Arrive Before Holy Mass Begins

There are many things that can affect getting out of our residences on Saturday afternoon or Sunday morning. **Thank you for making every effort to arrive before Holy Mass begins.** Spending a few minutes in prayer before Holy Mass is very beneficial.

Limit Distractions to Prayer

Ideally, electronic media devices should be turned off. Please switch to vibrate if you need to keep it on in the event of an emergency. Holy Mass is not the time for texting. We do not want to convey that our electronic device is more important than worshipping God.

If you have to be in the narthex or the multipurpose room for whatever reason, please limit conversations to what is necessary. It makes it difficult for other worshippers who have to be there.

Families with children are welcome!

Families with children are always welcome in our church! We enjoy hearing our little ones. If they ever get unruly or unintentionally try to shout down the priest, lector, or cantor, the church Multipurpose Room has a television which broadcasts Holy Mass. You can also hear Holy Mass in the narthex. Know that you are welcome here.

Communion for Roman Catholics Only? Why?

All are welcome to worship with us during Holy Mass, whether you are a Catholic or not.

Holy Communion is received by practicing Catholics who have prepared for and received their First Eucharist, and are properly disposed.

According to the Acts of the Apostles 2:42, Christians celebrated the Eucharist in union with the Apostles. They believed in the same teaching that the Apostles had received from Christ.

Because there are different understandings about the Eucharist and ordained ministry among Christians today, we cannot extend an invitation for those who are not Catholic to receive. We pray during the Eucharistic Prayer that Eucharistic communion will strengthen our relationship with Pope Francis and Archbishop Lori, and all the bishops and members of the Catholic Church. **Receiving the Eucharist deepens a union which already exists:** following Christ as His disciple within the fellowship of the Catholic Church.

For each sacrament, the recipient shares the faith of the Catholic Church about how the Lord ministers during its celebration. The sacraments were instituted by Christ and entrusted to His Church. For example, during infant baptism, the parents believe that God will cleanse their child of original sin. They claim their child for Christ and promise to raise their child to follow Christ as a Catholic. Another example is confession. Penitents repent of their sins and believe that Our Lord will absolve their sins through the ministry of the priest.

Regarding Holy Communion, communicants are cooperating with God's grace to deepen a bond *which already exists:* union with Christ within the communion of the Catholic Church. They believe what the Catholic Church teaches about the Eucharist.

If you are not a Catholic, and you are exploring the possibility of becoming a Catholic, then consider contacting our Pastor or our Coordinator of Faith Formation. We will be happy to welcome you!

Questions?

Do not hesitate to contact our Pastor or our Coordinator of Faith Formation. Their contact information is in the *Sunday Bulletin* or on our website.