

## Liturgy of the Eucharist

### **T3. Communion Rite** 3<sup>rd</sup> Part of Liturgy of Eucharist

The Lord's Prayer opens this rite in the words Jesus taught us.

At the Savior's command and formed by divine teaching, we dare to say:

Remember Holy Water Font, recalled our Baptism

- Child of God. We call out Father! Brothers and Sisters together - we can pray Our Father!
- "Give us this day our (Daily) Bread" - epi-ousios – means **supernatural - Eucharistic Bread**
- Give us this day our supernatural bread.

### **The Rite of Peace or Sign of Peace**

*Then the Priest, with hands extended, says aloud:*

**Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you; look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will.**

*He joins his hands.*

**Who live and reign for ever and ever.**

*The people reply:*

**(P) Amen.**

*The Priest, turned towards the people, extending and then joining his hands, adds:*

**The peace of the Lord be with you always.**

**(P) And with your spirit.**

Sign of Peace is a rite that calls us beyond sin and disunity to Christ's peace, love, and communion with one another.

### **The Breaking of the Bread, or the Fraction Rite**

The fraction rite is the breaking of the bread that has become the Body of Christ.

The action signifies that the many faithful are made one body by receiving Communion from the one Bread of Life which is Christ.

There is one Bread and one Body. Even though the one Bread is broken, each portion still communicates the full presence of Christ to those who receive Him in faith.

**Lamb of God (Agnus Dei):** An invocation during the breaking of the bread in which the assembly petitions God for mercy and peace.

Lamb of God, you take away the sins of the world, have mercy on us. grant us peace

Jesus has become the Lamb of God offered for our sins. As the priest breaks the bread, the people sing the Lamb of God, acknowledging Jesus' sacrifice on the cross that takes away our sins.

The priest takes the hosts breaks it over the paten and places a small piece in the chalice "to signify the unity of the Body and Blood of the Lord namely, the living and glorious Body of Jesus Christ."

**As he does this, he quietly says:**

May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it.

**We Kneel**

### **The Showing of the Eucharist**

The Priest **genuflects**, takes the host and, holding it slightly raised above the paten or above the chalice, and invites the faithful to the banquet of Christ.

Behold the Lamb of God,  
behold him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.

These words from Book of Revelation recall when Jesus comes to unite Himself to His people in a great heavenly wedding feast.

Jesus Christ is depicted as a bridegroom joining himself to his bride, the Church. An angel announces this loving union by saying, "Blessed are those who are invited to the marriage supper of the Lamb"

You are, in a sense, receiving a wedding invitation! And at this great marriage feast, you are no ordinary guest. When you come down the aisle to receive Holy Communion, you come as the bride, as a member of the Church.

Indeed, Holy Communion is a participation in that heavenly wedding supper of the Lamb, which celebrates the union of the divine bridegroom, Jesus, with his bride, the Church.

**"Lord, I am not worthy that you should enter under my roof."**

Like the Centurion, we, recognize our unworthiness to have Jesus come sacramentally under the "roof" of our souls in Holy Communion.

The Centurion believed Jesus was able to heal his servant, so we trust that Jesus can heal us as He becomes the most intimate guest of our souls in the Eucharist. Thus, we will say words similar to that of the trusting Centurion,

**"But only say the word and my soul shall be healed."**

### **Holy Communion:**

The Priest gives the Body and Blood of Jesus to himself saying quietly:

**May the Body of Christ  
keep me safe for eternal life.**

**May the Blood of Christ  
keep me safe for eternal life.**

Communion is distributed to the congregation saying:

The Body of Christ. Or The Blood of Christ

Communicate Bows and replies Amen.

You may receive on the Tongue or the Hand.

Pope John Paul II acknowledges those “who, receiving the Lord Jesus in the hand, do so with profound reverence and devotion”

### **Receiving Communion in the Hand Reverently**

Receive the Host, not reach out and take – you are receiving Jesus.

St. Cyril of Jerusalem "Make a throne of your hand to receive the Lord of Life!"

Making an Altar to Receive Jesus

Receive with a deep sense of longing, desiring, and reverence for the One you are about to receive.

### **How is "Amen" an Act of Reverence?**

Body of Christ/Blood of Christ – Amen (So Be It – I Believe – Yes)

- I Believe - this is really Jesus Christ, Body, Blood, Soul, & Divinity
- I Believe - everybody is receiving the same Jesus Christ as brothers and sisters in Christ.
- I Believe – Jesus is becoming part of me and I with Him.
- I Believe - I am called to take Christ out into the world.

We are making a Public Statement – to live in harmony with teaching of the Church.

St. Augustine: Receive what you are, Become what you Receive!

### ***The fruits of Holy Communion***

- Draws us closer to Christ. It is called “communion” because it brings us into an intimate union with our Lord.
- Nourishes and replenishes the life of grace we received in Baptism, just as regular food nourishes our physical life.
- Cleanses us from past sins (Venial) and strengthens against mortal sins and helps us to avoid sin in the future.
- Strengthens us in love.
- Unites us more closely to the Church, the Body of Christ.

### **Period of Silence or Song of Praise:**

- Important question – How am I being transformed?

**Take the time to thank Jesus for bringing down His Divinity to our poor humanity, in order to elevate us to Him.**

**Think about how the Blessed Virgin Mary must have felt when She received Jesus for the first time in Holy Communion after His Ascension into Heaven.**

**Imagine Jesus saying to you, “I have died for love, and I am risen. For love I await each one of you, and for love I remain with you...**

**But you do not realize that I need your love. Remember that I am the Beggar of Love in this sublime hour for the soul.”**

**Prayer After Communion:** To bring to completion the prayer of the People of God, and also to conclude the entire Communion Rite, the priest says the Prayer after Communion, in which he prays for the fruits of the mystery just celebrated.