



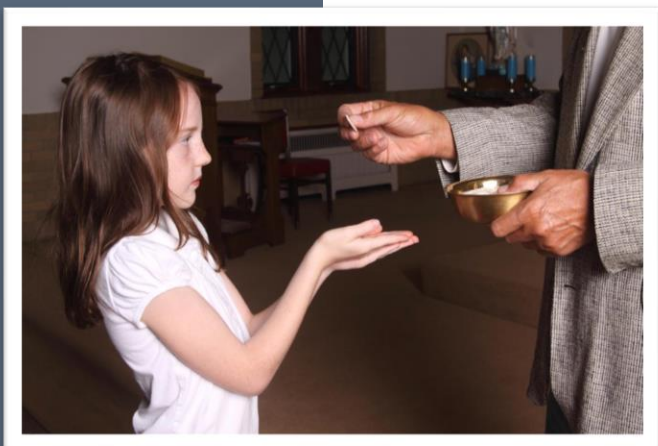
## Pope Francis' Prayer Intention for April

### Doctors and their Collaborators in War Zones

For doctors and their humanitarian collaborators in war zones, who risk their lives to save the lives of others.



**Saint Cyril of Jerusalem**, in a catechetical lecture presented in the **mid-300s**, said, “**Do not, therefore, regard the bread and wine as simply that**, for they are, according to the Master’s declaration, **the body and blood of Christ**. Even though the **senses** suggest to you the other, **let faith make you firm**. Do not judge in this matter by taste, but be fully assured by faith, not doubting that you have been deemed worthy of the body and blood of Christ” (Catechetical Discourses: Mystagogic 4:22:9). This month as we prepare for and celebrate Easter, let us find time to adore our Lord at adoration on Tuesdays or Stations of the Cross and Benediction on Friday evenings. We also remember in our prayers the young people of our parish who will be receiving their first Holy Communion in May. May their hearts be filled with faith and joy!





## FOCUS on the SACRAMENTS: EUCCHARIST

*"The Eucharist is the Sacrament of Love; It signifies Love, It produces love. The Eucharist is the consummation of the whole spiritual life."  
St Thomas Aquinas*

On May 4, 2019, Holy Trinity's third graders will receive first Holy Communion. The children, their families, and teachers are in the final weeks of preparation for this special day. For the rest of us, this time offers us an opportunity to think about how we prepare ourselves for reception of Holy Communion.

Often, teachers use the image of a house and welcoming a guest into the home to help understand the importance of preparing their minds and hearts to receive Eucharist. This imagery of preparing a house for a guest may seem overly simple, but it is one that is relatable to all.

Each of us can think of times when we welcomed guests into our homes. Think of how important it was to prepare your home to ensure the guest felt welcomed. Recall the work that went into planning for a guest to arrive. Essential to the preparations is the "to-do" list, filled with tasks that involve cleaning, food shopping, and the last-minute home renovation projects to ensure the home is ready to welcome the guest.

Similarly, we should have a "to-do" list to help prepare ourselves to receive Christ in Holy Communion. Prior to attending Mass ask yourself the following questions:

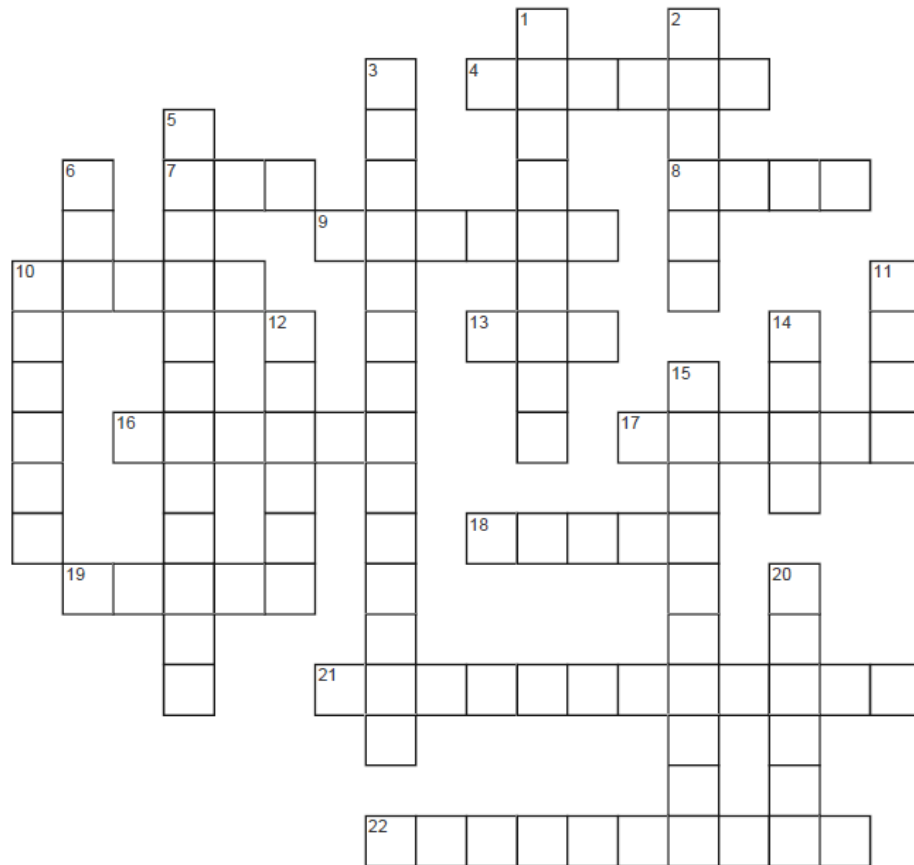
- Do I believe in the real presence of Christ, body, blood, soul, and divinity, in the Eucharist?
- Do I fast from food and drink for at least an hour prior to receiving Holy Communion?
- Do I attend the sacrament of Reconciliation to seek forgiveness for my sins, especially if I have committed a mortal sin?
- Do I spend time before and after Mass in prayer thanking God for the many gifts He has given me?
- Do I fully participate in the Mass, saying responses, singing songs, listening to the readings and homily, and avoiding unnecessary distractions?
- Do I attempt to live my daily life as a faithful Catholic? Do I put God above all else? Do I treat others as I want to be treated? Do I make the effort to grow in my understanding of the Catholic faith?

This "to-do" list is not easy. Just like preparing for any guest requires work and sacrifice, so too does preparing to receive Christ in Holy Communion. However, the work and sacrifice is worth the effort when we realize whom we are preparing to welcome into our hearts and minds.

Finally, at times, we may fall short of accomplishing all the things on our "to-do" list, but we should never despair. We should take comfort in God's infinite mercy and the knowledge that Christ wants to be welcomed into our hearts and minds.

As May 4 approaches, let us continue to pray for the children preparing to receive first Holy Communion, their families, and each other as we strive to prepare ourselves to welcome Christ as our guest.

# Holy Communion Crossword



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## ACROSS

- 4 This is the day of the week that Jesus rose from the dead on Easter
- 7 You shouldn't \_\_\_\_\_ for one hour before receiving Communion
- 8 First \_\_\_\_\_ Communion
- 9 This type of sin is a very big sin that kills the grace in a soul
- 10 This is who we receive during the Eucharist
- 13 Before receiving Communion, we should strive to avoid \_\_\_\_\_ and the near occasion of \_\_\_\_\_
- 16 This type of sin is not as serious as the other type of sin, though it still makes a soul less pleasing to God
- 17 Jesus and his parents are called the Holy \_\_\_\_\_
- 18 Most girls wear this color dress for First Communion
- 19 Even if your name never appears on a church calendar, this is what you will be when you are in Heaven
- 21 The part of Mass when the bread and wine are changed into Jesus' body and blood
- 22 There are seven of these, and the Eucharist is one of them

## DOWN

- 1 Another name for Communion
- 2 Glory be to the \_\_\_\_\_, and to the Son...
- 3 This is the sacrament where you say the Act of Contrition
- 5 A sign of reverence we do when we walk in front of the tabernacle
- 6 A boy might wear this around his neck on the day of his First Communion
- 10 Jesus' foster father on Earth, the husband of Jesus' mother
- 11 Jesus' mother
- 12 In the name of the Father, the Son, and the Holy \_\_\_\_\_. Amen.
- 14 We say a prayer called the \_\_\_\_\_ Mary
- 15 The special place in a church where Holy Eucharist is kept
- 20 This is the man who has received the Sacrament of Holy Orders and can say the Mass and hear our confessions