

# IN SPIRIT AND TRUTH: THE MASS

## Receiving Holy Communion

This is article 18 of 22 of the Mass series

### The Walk

The procession towards Communion, of course, is a walk towards Christ who gives himself to us in the Eucharist. As we process towards the Eucharist, it is easy to compare that to lines of the DMV, or at Disneyland, or at Safeway. The Church teaches that our procession towards communion should be a sign of our pilgrimage towards Heaven. Let our steps towards the Eucharist, our prayers towards it, and our focus towards it develop in our hearts a readiness and reverence to enter Heaven.

### The Talk

Before receiving him, we express our reverence to Jesus in the Eucharist in two ways: by our posture and by our words. Our bodies speak our belief in the presence of God in the Eucharist by a reverent bow. We bow to place ourselves in a position that bends our will towards God. It is typically appropriate and encouraged to bow as the person before you is receiving the Eucharist. When the Eucharist is personally presented to us for reception, the Communion Minister will state, "The Body of Christ." Then we respond "Amen," which means "so be it." Our response must be audible and faithful in order to express that the Eucharist we receive is no longer simple bread, but is truly the body of Christ.

### The Reception

Whether your preference is to receive the Eucharist in the hand or the tongue, we are reminded we are receiving the Living Person of Jesus Christ. If we are to receive in the hand, we should be sure our hands are clean, opened to receive, and allow the Communion Minister to place the Eucharist in your hand. Though we may perceive it as a convenience, we should never take the Eucharist from their minister's hand. It is important to receive the Eucharist, not take it.

Prior to receiving communion, it is imperative we approach the Eucharist in the state of grace... More on that in next week's In Spirit and Truth page!

This week's *In Spirit and Truth* is written by Joseph Nufable