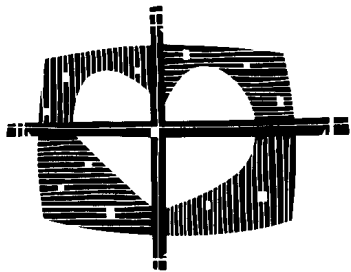


Some Thoughts for Reflection

- Entering into the Liturgy requires a certain openness from us. It requires letting go of our preferences and desires. Often we must surrender our expectations and seek rather to fulfill God's expectations of us. Lawrence Mick
- The General Instruction understands the Eucharistic liturgy to be a celebration of the whole church and continues to stress the importance of full, conscious and active participation by the faithful as an expression of the liturgy's communal nature. J.M. McMhon
- A church that doesn't provoke any crises, a gospel that doesn't unsettle, a word of God that doesn't get under anyone's skin, what kind of gospel is that? Preachers who avoid every thorny matter so as not to be harassed do not light up the world! Archbishop Oscar Romero



Why is Holy Communion important and necessary for Christians?

God sent Jesus to live with us, not only for 33 years, but for all time in the sharing of the Bread of Life and the Cup of Salvation. "Do this in remembrance of me." **Communion is God's gift of the life of Christ within us.**

The journey of life is enriched by a deep spiritual experience of the presence of God. **Communion is a source of holiness and grace.**

The Christian community becomes the body of the Risen Lord. Together we need to continue the mission of Christ. **Communion is our source of strength to go out and transform a world in need.**



Liturgical
Renewal
Series

The Communion Rite: An Explanation



Worship Office
Diocese of Green Bay
Advent 2003

Background Information

“During the meal Jesus took bread, blessed it, broke it and gave it to his disciples saying, “Take this and eat it,” he said, “this is my body.” Then he took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.”

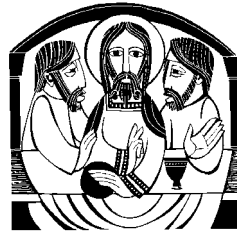
Matthew 26:27-28

The renewal of the liturgy is the ongoing work of the Church, the People of God. The liturgy, in particular the Eucharistic Liturgy, is the center of the life of the church. Therefore, the Bishops of the United States of America have proposed unity in ritual, posture and action as the course to be followed for all dioceses of the USA. The Liturgical Commission and the Worship Office of the Diocese of Green Bay present this series of liturgical renewal brochures as a way of addressing the questions and concerns of the faithful. This brochure will address the Communion Rite.



What is the Communion Rite?

The Communion Rite consists of the Lord’s Prayer, the rite of peace, the breaking of the bread and pouring of the cup, and the distribution and reception of Holy Communion.



What Do Catholics Believe About the Eucharist?

We, as Catholics, believe that when we receive holy communion, we are receiving the *actual body and blood of Christ*. It is not merely a sign or a symbol, but the true body and blood of Christ. In the eucharist we are joined to Jesus and to one another in a very special and intimate way. We become the love that we receive. The Eucharist is the ultimate sign of love and unity, and deserves to be celebrated with sincere reverence and respect.

Many of the changes in the GIRM (General Instruction of the Roman Missal) are designed to promote a greater reverence, and to stress that it is indeed the true Body and Blood of Christ that we receive in holy communion.

How Should I Receive Holy Communion?

When we receive the precious body and blood of Christ, reverence is most important. People can get careless about how they receive holy communion, sometimes chewing gum or swinging their arms at their side. Others feel that the way to be most reverent is to kneel as they receive communion.

Our Ritual for Communion:

- Walk in procession singing the song.
- Bow your head before approaching the minister.
- Receive the Body of Christ (in hand or on the tongue) responding “Amen.”
- Stand aside and consume the host.
- Walk to the minister of the cup (if offered, desired).
- Bow and receive the Blood of Christ, responding “Amen.”
- Proceed to your place reverently with folded hands.
- Pray with the Communion song and with silence.

