

2023-2024 RCIA #19

2/12/24

Part III: The Sacraments and Prayer (Chapter 28)

- Holy Communion
 - So Close to Christ
 - Who May Receive?
 - The Eucharistic Fast
 - Practical Pointers
 - Communicants

Holy Communion

- The Mass:
 - Provides a sacrifice which renews us via the sacrifice of the cross
 - Effects the soul by giving it grace
 - Is spiritual food which does for the soul what material food does for the body
 - Is a mystical and spiritual union
 - It produces its effect *ex opera operato* – by the sacrament itself not by any effort on our part or that of the priest

Holy Communion (Cont)

- Provides communion with Christ and our neighbor
- Is a decision of the will, not a feeling
- Produces spiritual growth by increasing sanctifying grace
- Remits venial sins
- Lessens concupiscence
- Preserves us from Mortal sin
- Readies us for work

Holy Communion (Cont)

- Who may receive?
 - Every baptized Catholic who has attained the age of reason
 - One who is free from Mortal sin – importance of frequent Confession
 - One who expresses the right intention in receiving it – not to please someone else
- The amount of grace we receive depends on the perfection of our disposition

Holy Communion (Cont)

- **Practical points for communicants**

- Be free of mortal sin
- Have a right intention
- Keep the fast (one hour before receipt of communion)
- We should dress in accordance with the dignity of Communion
- We may chew the host and must swallow it at some point

Holy Communion (Cont)

- We may receive Communion twice in one day under certain circumstances
- We must receive Communion at least once a year during Easter time
- We should receive Communion often
- We should end Holy Communion with a period of thanksgiving

Holy Communion (Cont)

- **Practical points concerning the Mass**
 - Bless yourself on entering and exiting the sanctuary
 - Genuflect when entering the pew for the first time
 - Make the sign of the cross on forehead, lips and heart before listening to the gospel
 - Shake hands to those immediately around you at the exchange of the peace
 - Look at Eucharist during the consecration
 - Make a slight bow before receiving communion
 - Reply “amen” before receiving communion on the tongue or in the hand
 - Genuflect when exiting the pew when leaving after Mass