

# The Reception of Holy Communion at Mass

## Part 1

The Church understands the Communion Procession, in fact every procession in liturgy, as a sign of the pilgrim Church, the body of those who believe in Christ, on their way to the Heavenly Jerusalem. All our lives we who believe in Christ are moving in time toward that moment when we will be taken by death from this world and enter into the joy of the Lord in the eternal Kingdom he has prepared for us.

The liturgical assembly of the baptized that comes together for the celebration of the Eucharist is a witness to, a manifestation of, the pilgrim Church. When we move in procession, particularly the procession to receive the Body and Blood of Christ in Holy Communion, we are a sign, a symbol of that pilgrim Church "on the way." For some, however, the experience of the Communion Procession is far more routine, similar perhaps to standing in line at the supermarket or at the motor vehicle bureau. A perception such as this is a dreadfully inaccurate and impoverished understanding of what is a significant religious action.

The Communion Procession is an action of the Body of Christ. At Christ's invitation, extended by the priest acting in Christ's person, we hear at Mass, "*Blessed are those who are called to the supper of the Lamb.*" The members of the community move forward to share in the sacred meal, to receive the Body and Blood of Christ which is the sign and the source of their unity. In fact, each time we move forward together to receive the Body and Blood of the Lord, we join the countless ranks of all the baptized who have gone before us; our loved ones, the canonized and uncanonized saints down through the ages, who at their time in history formed a part of this mighty stream of believers.

This action by Christ's body, the Church assembled for the Eucharist, is manifested and supported by the Communion Hymn, a hymn in praise of Christ sung by the united voices of those who believe in him and share his life.

The *General Instruction of the Roman Missal* (GIRM) takes this hymn very seriously, mandating that it should begin at the Communion of the priest and extend until the last person has received Communion.

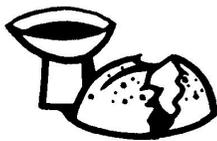
For some, however, the singing of this hymn is perceived as an intrusion on their own prayer, their private thanksgiving after Communion. In fact, however, this hymn is prayer, the corporate thanksgiving prayer of the members of Christ's Body, united with one another. Over and over again the prayers of the liturgy and the norms of the GIRM emphasize this fundamental concept of the unity of the baptized, stressing that when we come together to participate in the Eucharistic celebration we come, not as individuals, but as united members of Christ's body.



In each of the Eucharistic Prayers, though the petition is worded in slightly different ways, God is asked to send his Holy Spirit to make us one body, one spirit in Christ. The GIRM admonishes the faithful that *they form one body, by hearing the word of God and by joining in prayer and singing...*(#96); it describes one purpose of the opening song of the Mass as to...*foster the unity of those who have been gathered* and says of the Communion Song that *its function is to express outwardly the communicants' union in spirit by means of the unity of their voices,...and to highlight the "communitarian" nature of the procession to receive Communion.* (#86).

It is difficult for some of us to embrace this emphasis on Mass as the action of a community rather than an individual act of my own faith and piety, but it is important that we make every effort to do so. Christ himself at the Last Supper pleaded with his Father: *Holy Father, keep those you have given me true to your name, so that they may be one like us...Father may they be one in us, as you are in me and I am in you...* (Jn. 17:11;21). Baptism has joined us to Christ and to one another as the vine and its branches. The life of Christ, the Holy Spirit, enlivens each of us individually and all of us corporately, to guide us in our efforts to become one in Christ.

Finally, the fact that the Communion Procession is a profoundly religious action tells us something about the way in which we should participate in this procession. We are the Body of Christ, moving forward to receive the Christ who makes us one with himself and with one another. Our procession should move with dignity; our bearing should be that of those who know they have been redeemed by Christ and are coming to receive their God!

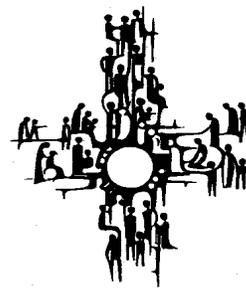


The revised 2002 edition of the GIRM asks the Conference of Bishops in each country to determine the posture to be used for the reception of Holy Communion and the act of reverence to be made by each person as he or she receives. The United States Conference of Catholic Bishops has determined that in this country Holy Communion will be received standing and that a simple bow of the head will be the act of reverence made by those receiving. These norms may require some adjustment on the part of those who have been using other practices, however the significance of unity in posture and gesture as a symbol of our unity as members of the one Body of Christ should be the governing factor in our actions.

Those who receive Holy Communion may receive either in the hand or on the tongue, and this decision should be that of the individual receiving, not of the person distributing Communion. If Holy Communion is received in the hand, the hands should first of all be clean. If one is right handed the left hand should rest upon the right. The host will then be laid in the palm of the left hand and then taken by the right hand to the mouth. If one is left-handed this is reversed. It is not appropriate to reach out with the fingers and take the host from the person distributing.

The person distributing Communion says audibly to each person approaching, *"The Body of Christ."* This formula should not be altered, as it is a proclamation which calls for a response of faith on the part of the one who receives. The communicant should audibly respond *"Amen,"* indicating by that response his or her belief that this small piece of bread and the wine in this chalice are in reality the Body and Blood of Christ the Lord.

When one receives from the chalice, *"The Blood of Christ,"* is spoken by the person distributing Communion and the communicant again responds *"Amen."* It should be noted that it is never permissible for a person to dip the host he or she has received into the chalice. If, for some reason, the communicant is not able or willing to drink from the chalice then that person should receive only under the form of bread.



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