

## New and Corrected Translation of the Mass – Part 28

### Communion

While the priest prepares himself to receive Communion, the people also silently prepare themselves. Everyone is of course unworthy to receive Jesus in the Blessed Sacrament, but to receive Communion we need to be in a state of grace. The difference is have we confessed our serious sins and formed an intention not to sin again? Repentance is the key, and the door to Communion is the Sacrament of Confession. If our state of life (e.g. remarriage without a prior annulment) means we are unable to receive Communion, we may still share in the sacrifice of the Mass, and pray that God's grace may heal us and draw us closer to Him. Those who are able to receive Communion should not judge or pester those who, for whatever reason, do not come forward to receive Communion.

✠ The Body of Christ.

✠ **Amen.**

When the priest gives us the Host (it is not bread anymore, but the Body of Christ, so we call it 'Host', meaning 'sacrificial victim' i.e. Jesus), he says these words, to which we reply 'Amen'. We are affirming our faith that it is really, truly, substantially and physically Christ's Body – and His Blood, Soul and Divinity united to the Body as well. We receive the whole Christ, and become more what we affirm, that is, we become members of Christ's Body more deeply.

The communicant (i.e. recipient) always has the right to receive Communion kneeling, and to receive the Host upon the tongue. No one, not even a bishop, may forbid this. Where permission is given to stand, a sign of reverence must be made first, such as genuflecting (kneeling on the right knee) to the Blessed Sacrament first. If permission exists to receive Communion on the hand, ensure that your hands are clean. Place your left hand (palm upwards) on your right palm; pick the Host from your left palm with your right hand, and consume the Host in the presence of the priest. Check your palms for any fragments and consume them reverently. If there is risk of profanation (e.g. people running off with Hosts) the priest is to stop Communion being given in the hand.

✠ The Blood of Christ.

✠ **Amen.**

There is no automatic right to receive from the Chalice nor are you obliged to do so. Where the Precious Blood (it is no longer wine!) is offered, genuflect to the Chalice first. Say 'Amen', not 'Thank you' etc. Handle the Chalice carefully, taking and returning the Chalice without sloshing its Contents carelessly, not spilling a drop; take a small sip, remembering there may be others in the queue after you.