

# Mass Moments

## Spring Series: Liturgy of the Eucharist

### Key Points - June 15



#### COMMUNION RITE: Breaking of the Bread and Holy Communion

- Following the “Sign of Peace,” the fraction rite ensues wherein the priest breaks (fractures) the bread recalling the actions of Jesus at the Last Supper: “Take and eat; this is my body” (Mt. 26:26). The priestly act of the breaking of the bread is an image of the Lord’s body being broken on the cross that we might be fed and receive his life within us.
- The priest places a fraction of the consecrated host in the chalice, “May this mingling of the body and blood of our Lord Jesus Christ bring eternal life to us who receive it.”
- While Christ’s body is broken and His blood outpoured for the many, simultaneously, the assembly sings 3x, “Lamb of God, you take away the sins of the world, have mercy on us.” The third time, instead of “have mercy on us” we ask for its divine fruit: “grant us peace.”
- Holy Communion: after genuflecting, the priest in elevating before the people the body and blood of Christ tells the assembled believers to fix their gaze upon him. “Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.” This sacred supper in the Book of Revelation is the heavenly banquet, the wedding feast of the Lamb of God, who alone takes away the sins of the world.
- Now centered on Christ, each disciple in borrowing from the centurion who asked Jesus to cure his paralyzed son, pleads, “Lord, I am not worthy that you should come under my roof, but only say the word and my soul shall be healed.” NOTE: This prayer is for venial sins only – all serious sins must be brought to the Sacrament of Reconciliation before receiving The Holy Eucharist, so as not to profane the body and blood of the Lord.
- Baptized Catholics properly prepared to receive the body and blood of Christ are invited to come forward for Holy Communion. Those not receiving can either remain in their pew and make a “spiritual communion” or come forward with arms crossed over their chest to receive a blessing from the priest or deacon.
- The bread and wine representing our lives brought forth at the Offertory are now distributed back to us completely transformed (Transubstantiation) into “The body of Christ” and “The blood of Christ.” Catholics who believe in the Holy Eucharist repeat “Amen” to express our genuine faith in Christ’s real presence, believing we become what we receive.
- As a result of Holy Communion many believers are sacramentally united with the Lord through His body and blood and constituted anew as one Body, the Church. We see in the Church, the sign or image of the Most Holy Trinity, where the many are made one.



# Reflection Questions

1. Pray with one or more of the Scripture passages which feature the “Breaking of the Bread,” Mt 14:19, 15:36, 26:26; Mk 6:41, 8:6, 14:22; Lk 9:16, 22:19, 24:30; Acts 2:42, 46; 1 Cor 11:24. Rest in your awareness of being united with Christ in the “Breaking of the Bread.”
2. The Lamb of God hymn is the same song sung eternally in the banquet of heaven. See Revelation 5:11-13. Sing the Lamb of God from your heart as you join the heavenly feast.
3. How can you better prepare yourself to receive Holy Communion? Prayer and Confession?
4. Pray with the account of Jesus healing the centurion’s servant in Mt 8:5-13. Do you need spiritual or physical healing from Jesus? With great faith, ask for God’s will to be done.

## Resources for the Whole Family

- Book: What Happens at Mass (revised edition) by Jeremy Driscoll, OSB; pages 120 - 126
- Teaching Mass Video Series by The Archdiocese of St. Paul/Minneapolis, “Teaching Mass: Session 7 – Communion Rite”



### For Children:

- Video on Formed, “Brother Francis: The Bread of Life”



Video and music on DynamicCatholic.com; Blessed series, S10:E3 Holy Communion

## Events at St. Mary’s & around the Archdiocese

- Eucharistic Adoration at St. Mary’s – Wednesdays from 8:30 AM – 8 PM in the Notre Dame chapel. Signup on our website!
- Jesus’ Pilgrimage to Us: Holy Hours Around the Archdiocese, Thursday, June 19, 2025, 7 - 8 PM, Church of St. Michael, Stillwater, MN
- Archbishop Hebda invites you to become an Archdiocesan Jubilee Pilgrim!

More information on the archdiocese website:  
<https://www.archspm.org/passport/>

