A Note from the Pastor

Dear Parishioners,

Next week, I will write about starting to wrap up the Renew and Rebuild Capital Campaign for our parish. We now have pledges and donations for about one million eight hundred thousand dollars, which is amazing, but there is still time for people to make donations to help us come closer to our goal, if they can.

In this week's notes, I want to try to help clear up some uncertainty about ways to receive Holy Communion. I have had several people tell me they are hearing conflicting directives so I thought I would begin with a quote.

The United States Conference of Catholic Bishops has issued a statement on The Reception of Holy Communion at Mass. It reads: " Those who receive Communion may receive either in the hand or on the tongue and the decision should be that of the individual receiving, not the person distributing communion." (Nor anyone else, I might add.)

There you have it. The directive from the U.S. Bishops is rather straightforward. I know there are debates as to which method of receiving is more reverent. It seems to me that either way of receiving can be reverent or irreverent, depending upon the person receiving. To receive on the tongue, it is best to extend the tongue a bit. To receive in the hand, it is best to place the back of one hand on the open palm of the other, and after saying Amen, to take the host with one hand and put it in your mouth. A person should not grab or take the host out of the hand of the person distributing.

Lastly, I have been instructed from a young age that you can allow the host to dissolve in your mouth or you can reverently (gently) chew the consecrated host.

There is perhaps no perfect way to receive such a great gift from God as the Holy Eucharist, but as long as we believe we are free from grave sin and we desire to reverently consume Holy Communion, I believe we are doing the proper thing. We thank the Lord for the graces offered to us in the sacrament of the Body and Blood of Jesus.

Sincerely in Christ,

Monsignor Gianduro