



THE CALL

A publication of the St. Paul Catholic Church Pastoral Council

MARCH 2010

Volume 1, Issue 1

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- “There are different kinds of spiritual gifts but the same Spirit;
- there are different forms of service but the same Lord;
- there are different workings but the same God who produces all of them in everyone.
- To each individual the manifestation of the Spirit is given for some benefit.”

—1 Cor 12:4-7



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Respect for the Eucharist

The pastoral council of St. Paul Catholic Church along with Father Vic encourage all parishioners to review these simple guidelines for showing proper respect to the Eucharist at Mass.

What is it?

First, let's review what we know about the Eucharist.

The Eucharist is the body and blood of our Lord, Jesus Christ.

The Eucharist is not *symbolic* of the body and blood of Jesus, it **IS** the body and blood of Jesus. The bread and wine [the gifts of unconsecrated hosts and wine which are brought to the altar during Mass] are changed, by the divine power of the Eucharistic prayers of an or-

daind priest, into the actual body and blood of Christ. This change is called transubstantiation.

How Do We Know This Happens?

How do we know this change has taken place? It requires faith. It is a mystery which, like love, we will never fully understand. The Trinity, the divinity of Jesus, His death and Resurrection are other mysteries which, along with the Eucharist, we will never fully comprehend in this life. Jesus is *really* present in the Eucharist and, under the appearance of food, nourishes us for our journey through life. That is why any unconsumed consecrated hosts are always reverently placed in the tabernacle after Mass. A red light or candle signifying the presence of the Lord is displayed near the tabernacle

to remind us that Jesus is present.

He is There!

So, when we come into the church we are always in the physical presence of our Lord.

It's not just *God's house*, ***He is physically there – always!*** And we are bound by our faith to show our respect by our words and actions.

Some Guidelines

Here are some guidelines for showing proper respect for the Eucharist at Mass.

- Ensure that you and your family are spiritually ready to be in the presence of the Lord. Review the scripture readings of the day, discuss how they relate to your life today, dress appropriately, and arrive at church on time for Mass.
- Enter the church with full knowledge of why you're there. Pray the Sign of the Cross with holy water from the font, reminding yourself of your baptism. Try to greet other parishioners before you enter the church or greet them quietly with a smile.
- Genuflect or reverently bow to the presence of God in the tabernacle as you prepare to enter your pew. Remember, this is not a social function – this is our Sunday devotion; our gathering as a community with joy and gratitude to worship, sing,

pray with our whole hearts; our minds focused only on Jesus.

- Keep necessary conversation quiet and to a minimum – respect others who may be in the midst of prayer or sacred silence.
- Approach the communion line with the same reverence and respect we would show if we were lining up to personally approach Jesus. No chatting in line, waving at others, shuffling along as if you are going nowhere!
- Say, “Amen”, as you receive the precious Body and Blood of Jesus Christ in the cradle of your hands. Consume the Eucharist and return to your pew for prayer and thankfulness. *Don't leave yet!* – Mass isn't over. Remember, this isn't a cafeteria line or a fast food outlet where we eat and run – this is our Sunday devotion.

It isn't always easy to set all distractions, burdens, and problems of our lives aside and give our full concentration to the Mass, but that is precisely why Jesus is there!

He is there to fortify us, to quiet our distractions, and to nourish our bodies, minds and spirits. Let's meet Him with the respect He deserves!

If you have questions regarding the liturgy or Mass that you'd like answered please contact any of the council members listed above or contact the office.