

## MYSTAGOGY:

*Partaking in Holy Communion*

APPRENTICES IN FAITH: A Resource for the RCIA

*Lord Jesus,  
we partake of your holy  
Body and Blood.  
In this sacred meal,  
we are nourished  
for true life  
by the true life of your  
Real Presence.  
May we always  
live up to the gift  
of this sacred meal.*

**Recall the Easter Vigil**

The high point of the entire celebration and of your initiation into the Christian way of life culminated in the reception of Holy Communion.

**Probe the Mystery**

You walked forward to the altar. At that point, the priest celebrant may have even taken a few moments to remind you—and the entire assembly—of the significance of the sacred meal about to be received.

Bread and wine transformed into the Real Presence of Christ, into his sacred Body and Blood, become for us who receive it an antidote to the forces in this world that seek to drag us down. This sacred meal is also a pledge of the eternal life to come on high in Heaven.

In other words, the meal we receive at the altar in Mass becomes a foretaste of the heavenly banquet. In Heaven, we will not be alone. We will join the Saints and angels and all the blessed. So too, here and now, our worship of God is not done alone but in the presence of the whole household of the faithful. Holy Communion is just that, a sacred meal that makes possible our union with God and with each other.

Is there someone in the assembly who annoys you by their off-key singing? Is there present a whining child or crying infant? These are your brothers and sisters with whom (hopefully) you will arrive together at our eternal destination.

**Savor the Sweetness of Salvation**

It would be so much easier if faith was simply a matter of an individual's relationship to God. But it isn't. Faith is about us together, helping one another to find, accept and embrace God.

Jesus did not call one individual disciple to himself. He called twelve. He also sent them out in pairs to engage in his public ministry. We are similarly called and sent out: together.

Who is your biggest support in engaging in ministry or in spreading the Good News of Jesus Christ? If Jesus sent you out in pairs, whom would you choose as your partner in ministry?

*The communion and abiding presence of the Spirit has passed even to ourselves. This was experienced first through Christ and in Christ when he was seen to have become like us, that is, a human being anointed and sanctified. . . . So it is that the church is the body of Christ, and we are its members. For since we are all united to Christ through his sacred body, having received that one indivisible body into our own, our members are not our own but his.*

Saint Cyril of Alexandria, *Commentary on the Gospel of John* 11.11: LF 48:546, 549-50

**Inspire Others**

Is there an activity in which you can join with others in order to deepen your appreciation of the gift of the Eucharist? Perhaps your parish offers Bible study or faith sharing in a small group setting. Or perhaps your parish or a neighboring one offers a holy hour in contemplation before the exposed Blessed Sacrament. Try an activity such as one of these. Invite along a friend.