

Do This in Remembrance of Me, A Step by Step walk through the Mass
Part 69: Disposed to Receive Communion

“The Body of Christ.” “Amen.” As we continue our discussion of Holy Communion, we consider who is able to receive Communion. The Diocese of Peoria reminds us: “Holy Communion is for all who are properly disposed to receive him. To be properly disposed we must be Catholic, in a state of grace and have fasted one hour prior to the reception of Holy Communion” (A Study of the Mass, p. 19).

A Sign of Unity

Why Catholic? Reception of Holy Communion is the fullest sign of Christian unity. As we said previously, receiving Christ in the Eucharist binds us to him. Since there is one Christ, he draws us together as one. However, what if one person who believes Jesus is truly present receives Communion while another person who believes in only a symbolic presence receives? That would be a problem. That would be two people making an outward sign of unity which would not be true unity. This false unity would not respect the true presence of Jesus, as well as the unity he prayed for at the Last Supper. That is why reception of Holy Communion is first limited to those who believe that Christ is truly present: Body and Blood, Soul and Divinity. Since this is the Catholic belief, Catholics (as well as Orthodox and Eastern Catholic Churches which maintain valid sacraments and believe that Christ is truly present) are eligible to receive Communion. Also, limiting reception of Communion to Catholics protects the integrity of non-Catholics. When we receive Communion, we first hear: “The Body of Christ.” We respond with “Amen,” indicating that we do believe that Jesus’ Body and Blood are truly present and we wish to receive him. For non-Catholics who don’t believe the Body of Christ is really present, receiving Communion would contradict their beliefs. They would be saying “Amen” to a statement that they do not believe. So, not permitting them to receive Communion actually respects their beliefs.

Prepared to Receive

Why must we be in a state of grace to receive Communion? Simply put, because Jesus Christ in the Eucharist is God—all-perfect, all-holy, all-love. To receive him in a state of sin is an offense against his goodness. Charles Belmonte teaches, “We should never dare to receive the Eucharist in the state of mortal sin. To do so is to abuse sacrilegiously the mercy of God. Only a shallow and false love, based on mere sentimentality, can bring us to such a detestable course of action. This mistreatment of the sacrament is a grave offense against God. St. Paul’s warning on this issue is quite clear: ‘Anyone who eats the bread or drinks the cup of the Lord unworthily will be behaving unworthily toward the body and blood of the Lord. Everyone is to recollect himself before eating this bread and drinking this cup; because a person who eats and drinks without recognizing the body is eating and drinking his own condemnation’ (1 Cor 11:27–29). [...] Therefore, we cannot—and should not—receive our Lord with a soul dirtied by sin. If we realize we have a serious sin, even though we may seem to be contrite, we cannot go and receive the Holy Eucharist without previous sacramental confession” (Understanding the Mass, pp. 182–3).

Along these lines, Belmonte notes that St. Pope John Paul II taught, “The two sacraments of Reconciliation and the Eucharist remain closely linked. Without a continually renewed conversion and the reception of the sacramental grace of forgiveness, participation in the Eucharist would not reach its full redemptive efficacy... It is not only that Penance leads to the Eucharist, but that the Eucharist also leads to Penance. For when we realize who it is that we receive in Eucharistic Communion, there springs up almost spontaneously a sense of unworthiness, together with sorrow for our own sins and an interior need for purification” (Understanding the Mass, p. 184; John Paul II, Letter of Holy Thursday [1986], 8; DC, 7). Of course, we know we are unworthy to receive such an amazing gift, but we are obligated to do our best to be as prepared as we can be. That’s why regularly making use of the Sacrament of Reconciliation and striving to be in a state of grace is so important.

Hungry for God

Why fast for an hour before Communion? When we don’t eat, we become hungry. When we eat a lot, even if it is our favorite food, we don’t want more. Fasting is an age-old way of growing in hunger, in this case for the living God. Our hunger reminds us that we yearn to be filled up, that we yearn to have our hunger satisfied. This works for the body, but it also works for the soul. As we “clear out” room in our hearts through fasting, we realize that the empty space should be filled by God. As St. Augustine once famously said, the only one who really fills that hunger is God (“Our hearts are restless until they rest in Thee”). Fasting for an hour helps ensure that we are better focused on God for our nourishment and prepared to receive him in Holy Communion. Fasting before the Mass generally covers food and non-necessary drinks such as alcohol, soda, etc. Water is allowed, as well as medicines. For those who are seriously ill (hospital, nursing home, homebound) and for those who care for them, the rule of fasting does not apply. For example, a person in the hospital who is eating lunch when the priest comes is allowed to receive Communion. The same would be true for a nurse who just finished her lunch break when the priest arrives.

Having reviewed being properly disposed to receive Communion, next time we’ll review the official guidelines for receiving Communion. These guidelines continue to emphasize our belief in the true presence of Christ in the Eucharist and provide guidance for people of various backgrounds who might be present at Mass.

For Reflection:

1. Review the ways you prepare for significant events in your daily or weekly routine. Heighten your awareness of the purpose of fasting before receiving Holy Communion by making intentional choices about how you spend that time before Mass.
2. Pray with St. Paul’s words to the Corinthians in 1 Corinthians 11:17–34. Consider what steps you can take to be more properly disposed to receive the gift of Holy Communion.

This article was written by Fr. Luke Spannagel and published on the National Eucharistic Revival Blog Webpage.

“I am baptizing you with water,
but one mightier than I is coming.
I am not worthy to loosen the thongs of his sandals.
Luke 3:16



Third Sunday of Advent

December 15, 2024



Immaculate Conception Church

Roman Catholic Diocese of Corpus Christi



Rev. Andrew Hejdak
Pastor

David D. Solis Jr.
davids@iccgregory.org
Administrative Asst.

John Womack & Co.
Bookkeeper

PARISH OFFICE HOURS

Monday - Friday
10:00am - 4:30pm



FAITH FORMATION

Noreen Saenz
reoffice@iccgregory.org
Director of Religious Ed.

David D. Solis Jr.
Asst. Director of Religious Ed.

Religious Ed. Office Hours
Wednesdays 4:30 - 8:45pm

WEEKEND MASSES

SATURDAY (*Vigil*) 5:30PM
SUNDAY (*en Español*) 8:00AM
10:00AM & 12:00PM

WEEKDAY MASS SCHEDULE

Tuesday (*en Español*) 5:30PM
Wednesday –Friday 8:30AM
First Friday of the Month
Eucharistic Adoration 5:30PM
Friday Daily Mass 6:30PM

WEEKLY PARISH
ACTIVITIES

DIVINE MERCY CHAPLET
Daily 3:00 pm Chapel

ST. JUDE NOVENA
Tuesdays 6:00 pm

BIBLE STUDY
Tuesdays 7:00PM (Español)
Thursdays 7:00PM (English)
R.E. building

LA HORA DE DIOS
PRAYER GROUP
Fridays 6:00 pm Church

NEW TO THE PARISH?
Interested in registering with us?
Ask the ushers for a registration
form, welcome to the parish.
If you would like to become
involved with one of the
ministries or organizations here,
you can find contact numbers on
this bulletin

MASS INTENTIONS
*ALL Mass intention requests should
be submitted to the parish office.*
For Intentions to appear in the
Bulletin they must be submitted
by 4:00pm Tuesday.

Donation of \$5 per intention is suggested.

EUCCHARISTIC ADORATION
CHAPEL

The Chapel is available to anyone 24/7
if you would like to spend time to visit
with Jesus in the Eucharist. To get the
door code contact the parish office or
Fr. Andrew.

PASTORAL COUNCIL VICE-CHAIR	
Mike Lopez	438.9054
FINANCE COMMITTEE VICE-CHAIR	
Javier Solis	229.4653
SACRISTANS	
Jesse Gomez	229.0102
Juan Rodriguez	229.5515
Raymond Flores	215.3542
CHOIR COORDINATOR	
Naida Rios	774.3778
COMMUNION MINISTERS	
Jesus Garza	704-2269
ALTAR SERVERS	
David D. Solis Jr.	643.4505
ALTAR SOCIETY	
Nena Garcia	774.2604
LECTORS	
Jesus Garza	704-2269
USHERS	
Ramiro Peña	222-8857
BEREAVEMENT COMMITTEE	
Aurora Leal	229.6956
BLESSED MOTHER SOCIETY	
Sylvia Gomez	228.0822
DIVINE MERCY APOSTLES	
Sonya Torres	730.6165
HOUSE OF FAITH FOOD PANTRY	
Diana Moreno	765.7696
Adriana Bernardo	543.7642
IMMACULATE HEART OF MARY	
Nydia Tamez	688.0333
PRAYER & PRAISE GROUP	
Jeronimo Garcia	704.2136
SACRED HEART SOCIETY	
Amelia Flores	443.9811
ST. JUDE NOVENA	
Jerry & Ofelia Rivera	876.7147



107 Church Street

facebook.com/ICGregory

Parish Office: 361-643-4505

PO Box 108

Gregory, TX 78359

www.iccgregory.org

Pastoral Emergency: 361-543-0503



Mass Intentions
For The Week



SATURDAY December 14, 2024

5:30PM: †Guadalupe V Moreno (Rudy Moreno & Family)
†Fidencio Lopez (Dora Torres)
†Fred Levine (Rose De La Cruz)
†Estefana Menchaca (M/M Manuel Menchaca)
†Alejandro & †Johnny Lopez (Minerva Lopez)
†Margarito, †Alejandra Guerrero, †David Sanchez

SUNDAY December 15, 2024

8:00AM: †Richard Ortiz (Family)
†Irma Perales (Family)
†Eva Corona (M/M Manuel Menchaca)
†Gloria Escobedo (Adolfo & Yolanda Sanchez)
†Jose Javier Mendoza, †Macias Cardoza (Family)
†Margarita, †Manuela & †Leonardo Beltran (Family)
10:00AM: †Estefana Menchaca (Menchaca Family)
†Santos Garcia (Family)
†Eddie Perez (Family)
†Viola B. Solis (Jessica Adame & Family)
†Ernesto, †Roy, †Meisha Hinojosa (Hinojosa Family)
†Guadalupe Garcia (Veronica Garcia)
†Gloria Kristel, †Jessika Marie Cadriel (Veronica Garcia)
†Maria Gloria Soto, †Lino Cruz (Veronica Garcia)

12:00PM: †Janie Galvan (Family)
†Lelia Guzman (Family)
†Adrian G Flores (Family)
†Juan C Flores Jr. (Family)
†Emilio Pena Sr (Family)
†Steven S Garcia (Garcia Family)
†Baleriana Alaniz (Maria Gomez)

TUESDAY December 17, 2024

5:30PM: Thanksgiving to St. Matthew (Torres Family)

WEDNESDAY December 18, 2024

8:30AM: Thanksgiving to Holy Trinity (Edwards Family)

THURSDAY December 19, 2024

8:30AM: Thanksgiving to St. Therese of Lisieux (Torres)

FRIDAY December 20, 2024

8:30AM: for the unborn (Edwards Family)

SATURDAY December 21, 2024

5:30PM: †Guadalupe V Moreno (Rudy Moreno & Family)
†Gloria Lopez Tagle (Dora & Lupe)
†David Solis Sr (Pat, David, Gabby)
†Frank Hernandez (M/M Manuel Menchaca)
†Jose O Lucio & †Steven S Garcia (Garcia)
†Esteban & †Candelaria Ortiz (Esteban & Lydia)
†Margarito, †Alejandra Guerrero, †David Sanchez

SUNDAY December 22, 2024

8:00AM: †Richard Ortiz (Family)
†Tomas Rangel (Gina Lopez)
†Estefana Menchaca (M/M Manuel Menchaca)
†Julio Morales (Minerva Rodriguez)
†Jose Javier Mendoza, †Macias Cardoza (Family)
†Margarita, †Manuela & †Leonardo Beltran (Family)
10:00AM: †Estefana Menchaca (Menchaca Family)
†Santos Garcia (Family)
†Eddie Perez (Family)

WEEKLY STEWARDSHIP

Envelope Collection	\$1,978.00
Loose Collection	\$929.00
Children’s Collection	\$37.00
Building Maintenance Fund	\$10.00
Christmas Flower Donations	\$163.00
Online Giving	\$255.00
Collection Total - Dec.7/8	\$3,372.00
<i>Retirement Fund for Religious</i>	<i>\$624.00</i>

Special Collections for the Month of December

14/15 - Building Maintenance Fund



SCAN THIS QR CODE TO BE TAKEN TO
OUR PARISH WEBSITE’S ONLINE
GIVING PAGE



† Belief - Trust - Faith †

Prayer is the most powerful against trials, the most
effective medicine against sickness and the most valuable gift to
someone we care for.

Please pray for the sick of the parish, especially:

Names remain on the prayer list for two (2) months; after which
they are removed, to add/remove a name contact the parish office.

Valerie Aleman	Juanita Flores,	Sergio Rodriguez,
Victoria Arredondo	Luis Flores,	Yolanda G. Rodriguez,
Paula Avila	Esmeralda Hernandez,	San Juanita Saenz,
Rafael Baez	Jorge Hernandez,	Bernice Sanchez,
Rosa Barrera	San Juanita Hinojosa,	Adan Salazar,
Elisa Claudio	Jaime Jimenez,	Gracie Salazar,
Johnny Cruz	Adolfo Menchaca Jr.,	Raymond Smith,
Sandra Davila	Alejandro Mora,	B Solis,
Adela Escobedo	Anastacio Mora,	Dora Tagle,
Aurora Flores	Noemilio Mora,	Gloria Treviño,
Chris Flores	Angie Ochoa,	Joe Treviño,
Eudelia Flores	Anita Peña,	Sara Treviño,
Guadalupe Flores	Jerry Rivera Sr.,	Gerri Zambrano
	Julia Rodriguez,	

NEXT WEEK’S MINISTERS SCHEDULE

Sat. Dec. 21 Sun. Dec. 22	Lector	Extra Ordinary Ministers
5:30PM	David	Louis
8:00AM	Armando	Carmen
10:00AM	Gabriel	Cindy
12:00PM	Jesse C.	Lucy

THANK YOU FOR JOINING US THIS WEEKEND

REMEMBER

It’s easy to get distracted during Advent. Christmas is all around you with advertisements, music, and Hallmark movies, yet the Church in her wisdom, is constantly saying, “*Not yet!*” The season of Advent carries with it a challenge and a small tension: How do I prepare my spirit when my body starts to get to far ahead?

We accomplish this by remembering that God is with us now—in the present. Advent celebrates the threefold coming of Christ: in the manger, at the end of time (judgment), and *in our lives, daily*. We must remember God’s presence, constantly, and rejoice in the face that he is always here for us. The word *remember* means to “re-mem-ber,” to become one member with, again”; it is bringing together of two (or more) people.

Our Savior is with us, as Zephaniah reminds us. God is among us, as we hear in the psalm. We have no reason to stress or be anxious because God hears us and is constantly available to us through prayer, as St. Paul tells the church in Philippi. Even St. John the Baptist points out that God is coming! He doesn’t just show up like a surprise; the Incarnation was part of God’s plan of salvation from our beginning. At every Mass we are reminded of this fact and encouraged to become one member with Christ again, to remember his presence and promise, and to “do this in remembrance” of him.

READINGS FOR THE WEEK

Monday:

Gn 49:2, 8-10; Ps 72:1-4ab, 7-8, 17; Mt 1:1-17

Tuesday:

Jer 23:5-8; Ps 72:1-2, 12-13, 18-19; Mt 1:18-25

Wednesday:

Jgs 13:2-7, 24-25a; Ps 71:3-4a, 5-6ab, 16-17; Lk 1:5-25

Thursday:

Is 7:10-14; Ps 24:1-6; Lk 1:26-38

Friday:

Sg 2:8-14 or Zep 3:14-18a; Ps 33:2-3, 11-12, 20-21; Lk 1:39-45

Saturday: *St. Peter Canisius*

1 Sm 1:24-28; 1 Sm 2:1, 4-8abcd; Lk 1:46-56

Sunday: *Fourth Sunday of Advent*

Mi 5:1-4a; Ps 80:2-3, 15-16, 18-19; Heb 10:5-10; Lk 1:39-45

TRAVELING IMAGE OF DIVINE MERCY

Pray for the following family that will be hosting the
Traveling Divine Image this week

Raymond Lopez Jr.

SILVER & GOLD WEDDING ANNIVERSARY MASS

Those blessed by celebrating 25 or 50 years of Sacramental Marriage are invited to attend a special Silver & Golden Wedding Anniversary Mass celebrated by Bishop Michael Mulvey. Sunday, February 9, 2025 at 9:30a.m. at Corpus Christi Cathedral. Contact the parish office to register. Deadline is January 31, 2025.

RECUERDA

Es fácil distraerse durante el Adviento. La Navidad está por todas partes con anuncios, música y películas de Hallmark, pero la Iglesia, en su sabiduría, está constantemente diciendo: “¡Todavía no!”. La temporada de Adviento conlleva un desafío y una pequeña tensión: ¿Cómo preparo mi espíritu cuando mi cuerpo comienza a adelantarse demasiado?

Logramos esto recordando que Dios está con nosotros ahora, en el presente. El Adviento celebra la triple venida de Cristo: en el pesebre, al final de los tiempos (juicio) y en nuestras vidas, diariamente. Debemos recordar la presencia de Dios, constantemente, y regocijarnos en el hecho de que siempre está aquí para nosotros. La palabra recordar significa “recordar”, convertirse en un miembro de nuevo; es unir a dos (o más) personas.

Nuestro Salvador está con nosotros, como nos recuerda Sofonías. Dios está entre nosotros, como escuchamos en el salmo. No tenemos por qué estresarnos ni estar ansiosos porque Dios nos escucha y está siempre disponible para nosotros a través de la oración, como dice San Pablo a la iglesia de Filipos. Incluso San Juan Bautista señala que Dios viene. No se presenta simplemente como una sorpresa; la Encarnación fue parte del plan de salvación de Dios desde el principio. En cada Misa se nos recuerda este hecho y se nos anima a volver a ser un miembro de Cristo, a recordar su presencia y promesa, y a “hacer esto en memoria” de él.

PRAYER FOR THE WEEK

Jesus, thank you for the joy of Christmas. Thank you for this time of Advent, in preparation and anticipation of your coming. Lord, teach me today to always see the good in our world. Teach me to see how you shine your light through the darkness. May I always have joy even in the most difficult circumstances. Amen.

CHALLENGE OF THE WEEK

Sit down this week with a parent or family member you look up to and explain why you are grateful for your relationship. You can do this in a letter or over the phone. Also, tell that person what you need prayers for and ask for his or her prayer request so that you can also pray for him or her. Be assured that you can indeed make your “requests know to God” through honest prayer and petition this week. Be honest and patient with God. God does hear every single one of your prayers.

HOUSE OF FAITH FOOD PANTRY



The Food Pantry will be OPEN again on
Monday, December 16th from
4pm until we run out of supplies.

Special Prayer Intention of Pope Francis for December
For pilgrims of hope

We pray that this Jubilee Year strengthen our faith, helping us to recognize the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope.

