Do This in Remembrance of Me, A Step by Step walk through the Mass Part 72: How to Receive

You may have noticed that people receive Communion in different ways. Is there a right way? How exactly should we receive **Holy Communion?** First of all, it is important to notice that we *receive* Communion. Holy Communion is our greatest gift, a gift to be received through the generous love of Jesus. Holy Communion should never be taken by our own action. As The General Instruction of the Roman Missal states, "It is not permitted for the faithful to take the consecrated Bread or the sacred chalice by themselves and, still less, to hand them on from one to another among themselves. The norm established for the Dioceses of the United States of America is that Holy Communion is to be received standing, unless an individual member of the faithful wishes to receive Communion while kneeling" (GIRM, 160). Adjustments are possible for those unable to stand or kneel. Many churches have areas where Communion is brought directly to the pew for those who find walking to receive Communion difficult. The instruction makes clear that we are receiving the gift of Holy Communion and not taking this gift for ourselves, a truth we emphasize in the posture we observe as we receive the Sacred Host. For those receiving in the hand, we hold our hands steady with an open palm throne to receive Our Lord truly present. For those receiving on the tongue, we are still as we wait for the placement of the Sacred Host on the tongue.

Why Do We Bow before Receiving Communion?

I often see people bowing before approaching the minister. Should I do that also? Yes! As the GIRM continues, "When receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence and receives the Body of the Lord from the minister... When Holy Communion is received under both kinds, the sign of reverence is also made before receiving the Precious Blood" (GIRM, 160). As I have often shared when teaching children about postures of prayer and reverence, our sign of reverence actually provides an opportunity for our bodies to help remind our minds and hearts who we believe is before us. We believe that Jesus, Almighty God, Second Person of the Trinity, is there before us in the Holy Eucharist. Our bow helps us recall that he really is there and that we believe he really is there! Like so many parts of our lives that are repeated regularly, we may risk just going through the motions at this part of the Mass. However, if we do that, we would be overlooking Jesus truly there before us! The next time you are approaching Holy Communion, take the challenge of really bowing with reverence and recall Jesus is there. Perhaps pray to yourself those words of St. Thomas: "My Lord and My God" (John 20:28). Along these lines, the Diocese of Peoria says, "Even the procession toward Communion is a great ritual act, as we humbly approach the Lord Jesus. The Bishops of the United States have asked that we make a bow as a sign of reverence toward the Eucharist before receiving... It is an encounter as we receive him—Body, Blood, Soul and Divinity!" (A Study of the Mass, pp. 19–20).

Practical Tips for Receiving Communion

How about some practical tips? Absolutely! As I mentioned above, one great way of being in the mode of "receiving" is to stay still as the minister brings the Host to you. As a practical note, I have often noticed that some people will lunge forward toward the Sacred Host, or at times those intending to receive on the tongue will even bite the host or lick upward. For those receiving in the hand, I have noticed that sometimes people will already be closing their hand before the Host is placed there. I presume these might be ways of trying to help the minister; however, it truly is easiest and perhaps the most prayerful if you remain still until Jesus in the Sacred Host comes to you.

For those receiving in the hand, Fr. Oury notes that St. Cyril offers instruction: "When you approach, do not come with palms of the hand spread flat, nor with fingers wide apart... [M]ake him a throne with your left [hand]. In the hollow of your hand receive the Body of Christ and answer: Amen... [C]onsume [The Host] and be careful that none of it be lost... Tell me, if you were given some grains of gold, would you not guard them with the greatest care so as not to lose any one of them and be the poorer? Should you not be even more careful not to let drop the least particle of what is more precious than gold or precious stones"? (The Mass, pp. 121–2; Mystagogical Catechesis 5, 21). St. Cyril reminds us to have a worthy reception of the King of Kings, certainly both in receiving him well and also in honoring his presence in even the smallest fragments. St. Cyril invites us to examine our hands and fingers for any particles of the Eucharist after we have received Our Lord.

One last practical tip might be to think about what you are saying when you say, "Amen," I encourage you to make it a vigorous Amen, reminding yourself that word means, "Jesus, I believe you are really here." This Amen is an important prayer of faith at the moment of receiving Holy Communion. Charles Belmonte reflects further on the *Amen*: "Yes, Lord, I believe. I love and I hope in you. I know my time of waiting is over, for my hope is now made into a reality which fulfills the deepest needs of my faith and my charity. You are mine, and I am yours... My soul worships you in stillness" (Understanding the Mass, p. 187). Let us make this beautiful prayer of faith our own, the next time and every time we say Amen and receive the Body and Blood of Our Lord Jesus!

For Reflection:

- 1. Meditate on the humility of Jesus which Paul describes in his <u>Letter to the Philippians 2:5–10</u>. Keep this passage in mind when you approach the Eucharist and bow in reverence. Alternatively, pray with other passages of the Scriptures which invite us to bow before the Lord (e.g., Psalm 5:7; Psalm 138:2; Matthew 8:2).
- 2. Revelation 3:14 describes Jesus as "[t]he Amen, the faithful and true witness." Pray with Jesus as the "Amen" and ask for the grace to unite your "Amen" in receiving Communion to his "Amen" to the Father's will.

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

Baptisms:	Reconciliation	Marriage	Quincerañeras	Anointing of the Sick	Communion to the Sick / Homebound
By Appointment only Contact Parish office for more information	Confessions are heard on Saturdays from 4-5pm and on request	By appointment only: Contact parish office at least 6 months prior to proposed date.	Must be enrolled and actively participating in Religious Education Classes	Anytime: contact the parish office	Pastoral Visit: 1st Friday of the Month / Contact the parish office



The Epiphany of the Lord

January 5, 2025



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) Wednesday –Friday First Friday of the Month

Eucharistic Adoration Friday Daily Mass

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



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.

EUCHARISTIC ADORATION

The Chapel is available to anyone 24/ 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**

704-2269

Jesus Garza

ALTAR SERVERS 643.4505

David D. Solis Jr.

ALTAR SOCIETY 774.2604

Nena Garcia

LECTORS 704-2269

Jesus Garza

USHERS 222-8857 Ramiro Peña

BEREAVEMENT COMMITTEE Aurora Leal 229.6956

BLESSED MOTHER SOCIETY

Svlvia 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

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

PO Box 108

Gregory, TX 78359

facebook.com/ICGregory

5:30PM

5:30PM

6:30PM

www.iccgregory.org



688.0333

and offered him gifts of gold, frankincense, and myrrh

Matthew

Then they opened their treasures

Parish Office: 361-643-4505 * Pastoral Emergency: 361-543-050

The Epiphany of the Lord *January 5, 2025 * La Epifania del Señor

Mass Intentions 🚭 For The Week

SATURDAY **January 4, 2025 5:30PM**:†Guadalupe V Moreno (Rudy Moreno)

†Gloria Lopez Tagle (Solis Family) †Pete Bliss (Rose De La Cruz)

†Preciliano & Brigida Sabedra (Family)

†Alejandro & †Johnny Lopez (Esteban & Lydia)

January 5, 2025 SUNDAY 8:00AM: †Richard Ortiz (Family)

†Margarita, †Manuela & †Leonardo Beltran (Family)

10:00AM:†Estefana Menchaca (Sylvia & Rogelio Zuniga) †Santiago, †Flora, †Jimmy, †Gloria Hernandez (Family)

12:00PM: †Lelia Guzman (Family) †Juan C Flores Jr. (Family)

TUESDAY **January 7, 2025**

5:30PM: for the parishioners of Immaculate Conception

WEDNESDAY January 8, 2025 **8:30AM:** for the sick and homebound **January 9, 2025** THURSDAY

8:30AM: Deceased of the Parish FRIDAY **January 10, 2025**

8:30AM: †Gabriel Claudio Sr. (Family) **January 11, 2025** SATURDAY

5:30PM:†Guadalupe V Moreno (Rudy Moreno)

†Ernest Solis (Christi Solis) †Mary Neph (Michael Schicker)

†Charles Caldwell (Rose De La Cruz)

†Esteban & †Candelaria Ortiz (Esteban & Lydia)

Thanksgiving to Our Lady of Guadalupe (Minerva Lopez)

January 12, 2025 SUNDAY **8:00AM:** †Richard Ortiz (Family)

10:00AM:†Estefana Menchaca (Sylvia & Rogelio Zuniga) †Daniel E Flores (Merrill & Nora F Pierce)

†Ernesto, †Roy & †Meisha Hinojosa (Elvira Hinojosa)

12:00PM: †Lelia Guzman (Family)

†Steven S Garcia (Garcia Family)

†Juan C Flores Jr. (Family)

Special Intention for Divine Mercy Apostles



2024 Parish Statistics

Baptisms: 12 infant (up to age 7) & 1 minor (age 8-17)

1st Holy Communion: 20

Confirmations: 12 **Holy Matrimony:** 0

Funerals: 17

These statistics were submitted to PJ Kennedy & Sons: for the Official Catholic Directory, as required yearly.

WEEKLY STEWARDSHIP	
Envelope Collection	\$2,453.00
Loose Collection	\$658.00
Children's Collection	\$48.00
Building Maintenance Fund	\$155.00
Christmas Mass Offerings (Dec. 24/25)	\$1,688.00
Christmas Flower Donations	\$50.00
Online Giving	\$255.00
Collection Total - Dec. 28/29	\$5,307.00

Thank you for your faithfulness, your generous support, and sharing of your gifts with Immaculate Conception Church. May God bless you now and forever.

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. Jan. 11 Sun. Jan. 12	Lector Lectors	Extra Ordinary Ministers			
5:30PM		Juan			
8:00AM	Elisa	Pedro			
10:00AM	Jenevieve	Raymond			
12:00PM		Alma			

THANK YOU FOR JOINING US THIS WEEKEND

ADORATION

God is a mystery, but that doesn't mean he wants to be kept a secret. The Epiphany is a manifestation, a big reveal, where God announces his presence to the world. The star, the journey, the incredible gifts, the splendor and majesty and worship are all designed to focus our attention not inward on self but, instead, upward to heaven—heaven come down to earth.

The Lord "shines" and appears in "glory," we are told in the first reading. The nations "will adore you," we sing in the psalm. We are reminded by St. Paul that we are stewards grateful recipients—of God's very life, which we call 'grace." We have not only physical gifts to give, but spiritual adoration to offer, as is exemplified by the Magi.

God is love, and love has come. It is time to announce it and reveal his love to the world!

Scripture never names the Magi. In fact, the Bible doesn't even say there are three kings, only three gifts. Tradition tells us (through St. Bede) that the names of the Magi are Gaspar, Melchior, and Balthazar. Gaspar is often depicted as a younger, beardless, and red-haired man. Melchior is usually seen as an older man with white hair and a long white beard. Balthazar is normally depicted as a middle –aged man of black complexion with a heavy beard.

The gifts offered are reflections of Jesus's identity. Gaspar offers (frank)incense for the divinity of Jesus. Melchior offers gold for the royalty of Jesus. Balthazar offers myrrh for the humanity (Passion and Death) of Jesus.

READINGS FOR THE WEEK

Monday: St. André Bessett

1 Jn 3:22 — 4:6; Ps 2:7bc-8, 10-12a; Mt 4:12-17, 23-25

Tuesday: St. Raymond Penyafort 1 Jn 4:7-10; Ps 72:1-4, 7-8; Mk 6:34-44

Wednesday:

1 Jn 4:11-18; Ps 72: 1-2, 10, 12-13; Mk 6:45-52

Thursday:

1 Jn 4:19 — 5:4; Ps 72:1-2, 14, 15bc, 17; Lk 4:14-22a

Friday:

1 Jn 5:5-13; Ps 147:12-15, 19-20; Lk 5:12-16

Saturday:

1 Jn 5:14-21; Ps 149:1-6a, 9b; Jn 3:22-30

Sunday: Baptism of the Lord

Is 42:1-4, 6-7 or Is 40:1-5, 9-11; Ps 29:1-4, 3, 9-10 or Ps 104:1b-4, 24-25, 27-30; Acts 10:34-38 or Ti 2:11-14; 3:4-7; Lk 3:15-16, 21-22

BAPTISMAL CLASS



We will be having our next baptismal class here on Thursday, January 9th at 7pm. You **Must** register for the class at the parish office, to attend.

ADORACIÓN

Dios es un misterio, pero eso no significa que quiera mantenerse en secreto. La Epifanía es una manifestación, una gran revelación, donde Dios anuncia su presencia al mundo. La estrella, el viaje, los dones increíbles, el esplendor, la majestad y la adoración están todos diseñados para enfocar nuestra atención no hacia adentro, hacia nosotros mismos, sino hacia arriba, hacia el cielo, el cielo descendido a la tierra.

El Señor "brilla" y aparece en "gloria", se nos dice en la primera lectura. Las naciones "te adorarán", cantamos en el salmo. San Pablo nos recuerda que somos administradores, receptores agradecidos, de la vida misma de Dios, a la que llamamos "gracia". No solo tenemos dones físicos para dar, sino adoración espiritual para ofrecer, como lo ejemplifican los Magos.

Dios es amor, y el amor ha llegado. ¡Es hora de anunciarlo y revelar su amor al mundo!

La Escritura nunca nombra a los Magos. De hecho, la Biblia ni siquiera dice que haya tres reyes, sino solo tres regalos. La tradición nos dice (a través de San Beda) que los nombres de los Reyes Magos son Gaspar, Melchor y Baltasar. Gaspar suele representarse como un hombre más joven, imberbe y pelirrojo. Melchor suele representarse como un hombre mayor con pelo blanco y una larga barba blanca. Baltasar suele representarse como un hombre de mediana edad, de tez negra y con una espesa barba.

Los regalos ofrecidos son reflejos de la identidad de Jesús. Gaspar ofrece incienso por la divinidad de Jesús. Melchor ofrece oro por la realeza de Jesús. Baltasar ofrece mirra por la humanidad (Pasión y Muerte) de Jesús.

PRAYER FOR THE WEEK

Heavenly Father, you are so good to me even when I don't realize it. Thank you for this day and all of its know and unknown blessings. Thank you for all the people in my life that lead me closer to you, and thank you for inviting all of us, despite how different or unworthy we feel, to receive your grace. Holy Spirit, please help me understand your Word and understand how you speak to me in every moment. Amen.

CHALLENGE OF THE WEEK

Make a practical challenge to yourself to be more present during the Mass. Some suggestions are to read the readings ahead of time, bring a journal to write down notes during the readings and homily, or talk about Mass with a friend afterward. Whatever you choose, make it the focal point of your week, as it is the greatest thing you will do all week.

TRAVELING IMAGE OF DIVINE MERCY

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

Special Prayer Intention of Pope Francis for January

For the right to an education

Let us pray for migrants, refugees, and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.

