

Blessed Sacrament Parish



2275 Diamond Avenue NE Grand Rapids, MI 49505

Phone: (616) 447 - 7554

bsacrament.net | church@bsacrament.net

Parish Office Hours

Tuesday 9 a.m. to 3 p.m.

Mass Times

Sunday 10:30 a.m. | **Tuesday** 8:30 a.m. | **Wednesday** 10:30 a.m.

Confession Times

Wednesday 11:15 a.m. to noon

Parish Staff

Fr. Christopher Epplett | Canonical Administrator | cepplett@stalphonsusgr.org

Deacon John Falicki | jfalicki@stalphonsusgr.org

Brenda Ormstad | Finance Manager | bormstad@bsacrament.net

Maureen Cromwell | Director of Religious Education | mcromwell@stalphonsusgr.org

Marie LeMire | Pastoral Care Coordinator | mlemire@bsacrament.net

Bulletin submissions: communication@stalphonsusgr.org

May 4, 2025 | Third Sunday of Easter

On Reception of Holy Communion

As our young ones receive their First Communion this weekend, it affords a great opportunity to review our own reception of Holy Communion. First of all congratulations to our First Communicants. What a joy to receive the Lord Jesus in the Most Holy Eucharist.

Before I review reception of the Eucharist, let me say that I see very few issues with folks at our own parishes. If this is a simple review and you get it already, great! If not, it's not unusual to need to be more well-formed or reformed. In fact, this is a reality of our entire lives. I encourage you to share this with others because it might be helpful to them as well.

When it comes to receiving the Eucharist, if you are receiving on the hands, please make an altar. One hand crossing over the top of the other (firmly). Take the host from the hand it is placed on and consume it as immediately as possible. It is imperative that the Eucharist be received in front of the priest or Extraordinary Minister of Holy Communion.

Why? It assures us the host is not leaving the Church. We want to prevent the potential desecration of the Eucharist. Now, after you receive, please check your hand for any particles from the host and consume the particles. Every morsel of the host is Jesus, so we do not want to take this lightly. We don't need to be scrupulous either. A basic effort of inspection is fine.

Also, please do not swipe, take, or grab the Eucharist. Communion is meant to be received, not taken.

Now, in this diocese you have the option to receive on the hands or tongue as well as in various postures. Though the norm is standing, you are allowed to kneel. Either way, you should do a slight bow of the head while the person before you is receiving, if possible, to show reverence.

Regardless of posture or receiving on the tongue or the hands, reverence is the key. Are you being respectful are conscious of what you are receiving? It's not about being seen, it's about seeing Jesus in the Eucharist.

For those receiving on the tongue, please stick your tongue out. Do not bite. I think the best advice is to place your tongue out on your bottom lip...and please hold it there. Do not move your tongue until the Eucharist is placed upon it. Then simply retract your tongue.

Secondly, when receiving on the tongue, remain stationary. Please don't move around or try to follow the host. You also do not need to lower yourself down. Priests (even the shortest ones) can reach up.

Again, a very high majority are receiving correctly...nearly everyone. This is not the case at all places. So I am very grateful for the very consistent reverent reception at both parishes (and at school Masses).

Thankfully,
Fr. Christopher

Saturday, May 3

Mass at 4:30 p.m. | First Communion
For the First Communicants

Sunday, May 4 - Third Sunday of Easter

Mass at 10:30 a.m. | Jn 21: 1-19

+ Gene & +Marie Borek, For the People

Tuesday, May 6

Mass at 8:30 a.m. | Jn 6:30-35

+Virginia Schmich

Wednesday, May 7

Mass at 10:30 a.m. | Jn 6:35-40

+Elizabeth Duffy

Sunday, May 11 - Fourth Sunday of Easter

Mass at 10:30 a.m. | Jn 10:27-30

+Richard & +Dolores Powers

Parish Events

Tuesday, May 6

7 p.m. Adult Choir

Wednesday, May 7

11 a.m. to 3 p.m. Adoration

Join Fr. Christopher for a pilgrimage to the Solanus Casey Center

Searching for peace? On May 14, join Catholic Charities West Michigan as we embark on a pilgrimage to the Solanus Casey Center in Detroit. Inspired by the life and example of Blessed Solanus Casey, the center serves as a place of pilgrimage, healing, reconciliation, and peace—a perfect opportunity to draw closer to God in this Jubilee Year. Celebrate Mass, tour the center, and more. Tickets are \$70, which includes your bus ride to and from the center along with lunch. For more information or to register, visit ccwestmi.org/jubilee-year. Questions? Please reach out to Sarah Stechschulte at sstechschulte@ccwestmi.org.



Interested in Catholicism?

Are you searching for a deeper relationship with God? Fulfillment of your purpose in life? Are you attracted to the truth, beauty, and goodness you've experienced in the Catholic Church?

Interested in becoming Catholic? Contact cepplett@stalphonesgr.org

G.I.F.T.E.D. Group

Do you know of an adult with special needs who is interested in deepening their faith? Our G.I.F.T.E.D. Group (growing in faith together every day) might be just the perfect fit! We meet in St. Alphonsus' parish lounge on the 1st and 3rd Sunday during the school year and monthly during the summer. Our meetings run from 12 p.m. - 1 p.m.

We pray together, read the weekly gospel, discuss how it applies to us and then usually have an activity to tie it all together by the end of our meeting. We sing and share so much laughter together that we're clearly given a glimpse of God's kingdom everytime we gather. Please contact : faithformation@stalphonsusgr.org for more information.



Catholic Services Appeal

We ask that your prayerfully consider giving a gift to this year's Catholic Service Appeal which help support ministries like Seminarian Education, Catholic Schools, Catholic Charities, Communication, Cultural Ministries and Catechesis. Visit GRdiocese.org/CSA to make a donation online or call the Finance office to give the gift of a stock, IRA, charitable distribution or Donor Advised Fund at 616-475-1253 or fill out a pledge card and return to the parish or by mail.

Card Ministry: Please remember in your prayers, parishioner Michelle Hubert-Allen. Michelle is recovering at home from health issues and is unable to drive to church. Cards to Michelle may be sent to 345 Dakota Dr NW 49544

Weekly Offertory

Offertory for April 27, 2025

Adult Envelopes: \$4,698

Automatic Envelopes: \$3,785

Youth: \$1

Loose Stewardship: \$512

Total Stewardship this week: \$8,996

YTD: \$512,772.84

Budget YTD: \$536,301.89

Last YTD: \$544,940.32

5% Tithe this week: \$449.80

Tithe YTD: \$25,638.64

Thank you for your generosity!

Rosary Rally at St. Alphonsus



Saturday May 10
11 a.m.



Meet at 11 a.m. in front of church
Process through neighborhood

The Adventure Series for Children

Franciscan Life Process Center, 11650 Downes St. NE

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Go to www.lifeprocesscenter.org to learn more.



Phone: 616-447-2997

Website: asagr.org

Blog: asatoday.blogspot.com

To all First Holy Communicants this spring, we wish you joy and blessings on your First Communication. May this special day bring you closer to God and to all those who love you.



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