

**"Master, to whom shall we go? You have the words of eternal life."**  
*The Real Presence - reception of Holy Communion, thanksgiving and purification.*

**1. "The words I have spoken to you are Spirit and life."**

- we come to listen to the word of God, we stand under the foot of the cross, we approach the Holy of Holiest, our Lord Jesus Christ to receive Him into our hearts,
- we want to experience the wonderful fruits of Holy Communion:
  - sustenance of supernatural life,
  - promise of bodily resurrection,
  - remission of venial sins,
  - protection against future sins,
  - help to curb the urges of concupiscence,
  - spiritual joy,
  - perseverance in grace,
  - growth of supernatural life,
  - remission of sin,
- we want to approach the Lord with pure hearts, filled with faith and prayer, obedient to His teaching proclaimed by the Church.

**2. "For this reason I have told you that no one can come to me unless it is granted him by my Father."**

- our faith in the Real Presence of Jesus must be visible **in a manner how we approach and receive Holy Communion**,
- extreme reverence is necessary to receive Holy Communion worthily,
- **approach with humility and be entirely focused on Jesus**,
- do not touch or pat anybody on the way to Holy Communion,
- sing if it helps you to adore the Lord,
- **if you receive on hands** - make a throne for Jesus, both hands must form that throne for Jesus,
- **pay attention to consume immediately**, do not bite the sacred host but place it entirely in your mouth,
- **do not chew unless necessary**, wait and swallow the entire host,
- quietly and humbly go back to the pew and immerse yourself in deep prayer,
- **that's the most beautiful part of your day** - adore, give thanks, rejoice, offer your humble petition,

- *"Anima Christi"* is one of the best prayers if you want to memorize one,
- never leave before the final blessing,
- you don't need any permission if you want to receive Holy Communion on a tongue and kneeling.

### 3. **"Master, You have the words of eternal life."**

- the Real Presence remains as long as the physical properties of bread and wine remain,
- whatever is left of the Blessed sacrament must be consumed or reserved in the tabernacle,
- **purification of sacred vessels is necessary because we don't want any, even the smallest one, particle to be lost or desecrated,**
- purification must be done on the altar or credence table immediately after Holy Communion,
- it can also be done right after Mass,
- this task requires time and due diligence as we deal with the Most Precious Body and Blood of Christ and sacred vessels that were blessed for the sacred use,
- purification of several sacred vessels is difficult to be conducted by one person only and make the Holy Mass longer without necessity,
- Holy Communion will be offered under one species only when there is no deacon to help with purification.

### 4. **"We have come to believe and are convinced that You are the Holy One of God."**

- Adoration of the Blessed Sacrament is one of the most desirable spiritual practices,
- we are blessed to have our Adoration Chapel,
- I am grateful to many of you who pray there daily,
- more committed adorers are needed,
- one day has 24 hours, one week has 168 hours,
- will you give one hour per week to be with the Lord?
- the Lord is the only one who can fix the problems of your life,
- will you give Him opportunity to do so?
- what to do during Adoration of the Blessed Sacrament?
  - be there loving Jesus,
  - simple prayer full of love is the best way of spending your time with Jesus,
  - meditate/reflect more than you read,
  - the rosary, the chaplet of Divine Mercy, prayerful reading of the Gospel, a good book for meditation.

**5. " I will bless the Lord at all times; His praise shall be ever in my mouth."**

- Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, wash me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me  
Suffer me not to be separated from Thee  
From the malicious enemy defend me  
In the hour of my death call me  
And bid me come unto Thee  
That I may praise Thee with Thy saints  
and with Thy angels  
Forever and ever  
Amen.