


# EUCHARIST: Proper Preparations and Dispositions


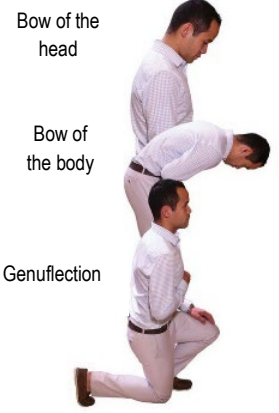


There are important actions and postures that we need to have to benefit the full encounter and fruits of the Holy Eucharist. Eucharist is the time where heaven and earth unite and it's the time and place where God speaks and manifests Himself in His body, blood, soul and divinity.

In the Eucharist, Jesus gives Himself to us through the Holy Communion. This is the greatest moment of our lives where we are at the meeting point of the convergence of divine and human in a very concrete and deep holy moment. It is the greatest sacrifice that Jesus hung on a cross to redeem us from sin and death.

1.  When people have an important meeting they try to arrive earlier than their appointed time; flying or doctor appointments. Since God is so important in our lives, arriving a few minutes earlier will show the importance that God has in your personal life. Remember, God is waiting for you. He has a place for you at His Table.

2.  **Do not forget to greet the Lord.** When you arrive at the church, it is right and necessary to make the sign of the cross. The Lord is there and happy to see us. Praying the Sign of the Cross, when done properly and calmly, unfolds the graces and blessings to us from God.

3.   **Do not hesitate to genuflect (kneel) or bow reverently.** When you pass in front of the tabernacle or altar, which represent Christ, reverence is necessary and obligatory. Let us not limit ourselves to a poorly done genuflection. Let us think and be aware of God, so as to genuflect or bow with awareness and reverence.

4. **Do not eat, drink or Chew gum during Mass or inside the Church.** Water is only allowed for health reasons outside of this case. It is irreverent to eat or drink inside the church or during Mass.

5. **Gesture before the Gospel.** Before the proclamation of the Gospel, it is necessary to make only the small sign of the cross, in silence, on the forehead, lips and chest. Do not say aloud the prayer that is silently said by the priest and only the priest.

6. **Gesture during the Consecration.** Do not sit during the consecration of the Eucharist. If you are not able to kneel, please stand. Sitting, unless due to old age or illness, is a sign of lack of respect and reverence to Christ who is present on the Altar. The ideal is to kneel, but if you cannot, even though it's difficult, it is necessary to stand. God will see how much you want to show Him respect even though you are not able to kneel.

[Should people stand or kneel during the Eucharistic Prayer?](#)

This is answered in the *General Instruction of the Roman Missal*, number 43:

*In the Dioceses of the United States of America, they should kneel beginning after the singing or recitation of the Sanctus (Holy, Holy, Holy) until after the Amen of the Eucharistic Prayer, except when prevented on occasion by ill health, or for reasons of lack of space, of the large number of people present, or for another reasonable cause. However, those who do not kneel ought to make a profound bow when the Priest genuflects after the Consecration. The faithful kneel after the Agnus Dei(Lamb of God) unless the Diocesan Bishop determines otherwise.*

[Some people hold hands during the Lord's Prayer, while others hold their hands out like the priest. Is there a prescribed posture for the Our Father?](#)

No position is prescribed in the *Roman Missal* for an assembly gesture during the Lord's Prayer.


7. **Holding hands during the Our Father:**

8. **The Sign of Peace.** It is not a time to move around to other rows and greet, congratulate or offer condolences. Rather it is a time to offer signs of peace to those directly around you (front, back, to each side).

9. **Prepare for Holy Communion.** Do not receive communion if you are not ready and prepared. It is necessary to observe the Eucharistic fast; that is not to have eaten or drunk anything one hour before communion and above all not having serious sins. One of the best ways is to receive the Sacrament of Reconciliation before Mass and prepare. In a state of mortal sin, one should not receive Jesus Christ before confessing such sin in the Holy Sacrament of Reconciliation. Certainly, Jesus is merciful, but remember the words of St. Paul; whoever eats the body of Christ unworthily eats his condemnation.



10. **After receiving Holy Communion.** After receiving communion, we do not talk to others but go to our places and talk to the Lord, in silent prayer, whom we have just received. If we have not received communion, we make a spiritual communion by speaking directly to the Lord. Let us take advantage of this moment to adore Him, and ask the angels and Saints to help us venerate Him. Furthermore, let us thank Him for all the blessings we have received. Tell Him how much you love Him with the freedom to ask Him for what you need. He knows that we are beings who need material and spiritual graces. In those minutes, the Lord is closer to us than ever. Do not let other things distract you.

11.  **Phone Distractions.** Our cell phones should not be a distraction to ourselves or to others. Before entering the church, place your cell phone on silent mode. Do not look, text, or answer calls while you are in the church. Let us dedicate all our attention to our God who is reserving all His mercy for us in this appointment of love that is the Mass.

**The Proper Attire for Holy Mass**

12. The Eucharist is the source and summit of Christian Life.

PROPER ATTIRE	IMPROPER ATTIRE
 <p>Shirts with sleeves T-shirts or collared shirts/bouses Be mindful of the wording and artwork on shirts.</p>	 <p>NO Caps NO sleeveless tops</p>
 <p>Dress slacks or jeans (no holes)</p>	 <p>NO Shorts or skimpy shorts</p>
 <p>Moderate hem lines for dresses and skirts</p>	 <p>NO plunging neck lines, spaghetti straps, crop tops NO Mini skirts or very short dress lines</p>

**Do not Dress provocatively.** We dress according to the location and ovation. We go to the beach with sandals and light clothes, therefore when we go to Mass we should not wear clothes that are provocative or distracting, such as a pronounced neckline, a miniskirt, shorts, leggings, etc. We are heading towards an encounter with the Lord, not a fashion show. Also, be mindful of the wording and art work on shirts.

13.   
GO, YOU ARE SENT FORTH MT 28:19

Once Mass is over, we pay our respects dutifully without leaving the church hastily. Let us not miss the blessings with which **we are sent** into the world to bear witness in the name of the Father, and of the Son, and of the Holy Spirit. Let us go away with a new purpose that God has inspired in us, to build His kingdom of love in the world. Amen.