



Blessed art Thou, O Lord, teach me Thy statutes

(Psalm 119:12)



“Father, what is the proper way to prepare for Communion?”

- Part II -

Last week I mentioned the proper way to prepare for Holy Communion. Tied into that (the fasting, the prayers, the peaceful state with our brothers and sisters in Christ) is our thanksgiving for the opportunity to partake of the Holy Gifts. It is proper to read these “Prayers of Thanksgiving” after you have received the Holy Mysteries. Either following the service, or when you return home would be the proper time to recite these prayers. In our Mission however, you might have noticed during the veneration of the Cross at the end of Liturgy, people are reading certain prayers. These are the “Prayers of Thanksgiving” read for the benefit of all those who have partaken of Holy Communion. And just as we are saying *“please”* when we prepare, we should always also say *“thank you!”* As basic as that sounds, there is a profound understanding to the simple act of giving thanks. In fact, the Eucharist itself means “thanksgiving” - so it all ties in!

It is proper for anyone who has received Holy Communion to stay for the few minutes after the veneration of the Cross (before Chapel take-down), and reverently listen to the prayers, or follow along in your own prayer book. These prayers are usually found immediately after the “Prayers of Preparation.” (When in doubt, simply check the index!) Those who may not have partaken should be mindful of others and keep the chatter down to allow those still in prayer the opportunity to focus and offer thanks to God for the great gift of receiving His Body and Blood.

So if you have not made it a point to offer these prayers as well, now you know. It is an important continuation of the preparation we have made to receive the Eucharist, and it reminds us of the holiness of the event where we become the living tabernacles of the Body and Blood of Christ within us.

