

# DID YOU KNOW BY DEACON AL

## **EUCCHARISTIC REVIVAL**

The three-year Eucharistic Revival is now at the parish level and I think it is a good time to reflect on the holiness and reverence of receiving the Body and Blood of Christ. Did you know that 70% of Catholics don't believe that Jesus is truly present in the Eucharist? Some believe it is a symbolic gesture, but through the Eucharistic sacrifice on the Altar, Jesus is truly made present to us, body, soul, blood, and divinity. When we receive the Body of Christ we should come forward with our hands folded as in prayer, stopping to make a slight reverent bow with the shoulders, then extending our arms with one hand opened flat on top of the other making a throne or pedestal to receive our Lord and Savior. After the minister says, "The Body of Christ", we say, "Amen" and consume the Eucharist and move on. The same goes when we receive the Blood of Christ, hands folded as in prayer, with a slight reverent bow at the cup. Hearing the minister say, "The Blood of Christ", we say, "Amen" gently taking the cup, drinking from it and gently returning it to the minister. This gift is not man made, this comes from Christ, (God himself) at the last supper.