5. Behold the Lamb of God

The Communion Rite

The Body of Christ.

Amen.



Leader



Welcome

See Leader's notes for an overview of the session. Invite people to share on last week's action of reflecting on the Eucharistic Prayer.



Listen to Scripture

What words, phrases or images strike you in this passage?

Have their been times when we have recognised Christ presence in our lives?

Though the question is 'closed' it is to allow people to share as much or as little as they wish.

Possible supplementary questions:

- Have you burned to tell someone else of this experience?
- How do you think friends, work colleagues might react?

In what ways do I recognise Christ present at Mass?

Possible responses

- At Communion
- In the priest
- In the people around me.
- In the small unexpected moments of kindness

Possible supplementary questions:

 Has the new translation helped or deepened you awareness of Christ's presence?

Listen to Scripture

ow while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?' They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions who said to them, 'The Lord has indeed risen and has appeared to Simon'. Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

Luke 24:30-35

Our Experience

- Have their been times when we have recognised Christ presence in our lives?
- In what ways do I recognise Christ present at Mass?
- The new translation offers us new words based on the same Latin prayers. Are we still worried about what has happened and what is new or are we recognising new meanings and a deepening understanding of our prayer?

The new translation offers us...?

This is an opportunity to take stock of how people are responding to the new translation.

Possible responses

- I don't always remember 'And with your spirit
- Some text I know are different but I cannot remember what we did say.
- I am always struck by...
- I am surprised that it is much less different than I feared.'

Possible Supplementary Questions

• What helps, hinders?



Read & Reflect

Read & Reflect 1

1. Lord's Prayer

At the Saviour's command and formed by divine teaching, we dare to say:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

For the kingdom, the power and the glory are yours now and for ever.

For Discussion 1

| What do you notice about the priest's introduction | What do you notice? |
|---|---|
| to the Lord's Prayer, and the new wording of the | Possible responses |
| following prayer? | • Our text remains the same. |
| Why and how do we 'dare' to pray the Lord's Prayer? | It is more formal. |
| , | • I like the way that the prayer is one of protection. |
| | It fills me with hope |
| | Possible supplementary |
| | questions: |
| | • Is there a particular phrase? |
| | Why and how do we 'dare' to |
| | pray the Lord's Prayer? |
| | Possible responses |
| | Because Jesus taught us. |
| | Even commanded us. We pray with Jesus |
| | He invites us to pray to his |
| | Father |
| | It is personal and communal. |
| | Possible supplementary |
| | questions:Is this a prayer you pray at |
| | other times? |
| | • Why do we pray this at this point in the Mass? |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Read & Reflect 2

For Discussion 2 How do the scriptural allusions help form our understanding?

Possible responses

- · It is rich in meaning.
- What an invitation!
- This is a foretaste of heaven.

Possible supplementary questions:

- What other allusions have you noticed?
- Does it matter that we can understand 'roof' in a number of ways?

Where do we — personally, as a community, in the wider Church, and the world — need healing?

Possible responses

- in our hearts
- · in places of conflict
- when we have not made peace with our brother or sister

Possible supplementary questions

• How does the Eucharist help?

How does all this prepare us to receive Holy Communion?

Possible responses

- It is a moment of reflection
- It reminds me that it is God's invitation to receive.

Possible supplementary questions

 How do the other elements in the Communion Rite help us prepare?

Read & Reflect 2

2. Invitation to Communion

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

For Discussion 2

- How do the scriptural allusions help form our understanding?
- Where do we personally, as a community, in the wider Church, and the world — need healing?
- In what ways do the texts point us towards future hopes?

How does all this prepare us to receive Holy

| Communion? | |
|------------|----|
| | |
| | |
| | |
| | |
| | |
| | •• |

.....

Read & Reflect 3

3. Communion

The Communion procession expresses the humble patience of the poor moving forward to be fed, the alert expectancy of God's people sharing the Paschal meal in readiness for their journey, the joyful confidence of God's people on the march toward the promised land... All signs of discrimination or distinctions among persons at the Lord's table are to be avoided.

When Communion is completed, the whole assembly may observe a period of total silence. In the absence of all words, actions, music, or movement, a moment of deep corporate stillness and contemplation may be experienced. Such silence is important to the rhythm of the whole celebration and is welcome in a busy and restless world.

Celebrating the Mass, 210, 211, 215

For Discussion 3

| • | How do you experience processing to Communion: |
|---|--|
| • | What does the silence offer? |

| ••••• | |
|-----------|--|
| | |
| | |
| | |
| ••••• | |
| | |

.....

5. The Communion Rite

Read & Reflect 3

For Discussion 3 How do yo experience processing to Communion?

Possible responses

- It is a moment to recollect myself.
- Sometimes I am distracted by the fuss going on around me.
- I like to join in the music as this helps me prepare.
- I am aware of those who are unable to receive

Possible supplementary questions

- How has the celebration of Mass prepared you for this moment?
- Where do you see the balance between the personal and communitarian aspects of communion?

What does the silence offer?

Possible responses

- A chance to be still.
- My time of prayer without distraction.
- Space to reflect on the gift we have received and what I have heard in the readings and the homily.

Possible supplementary questions

- Is this silent different to others at Mass?
- What are the qualities of corporate silence?



Act

See Notes



Prayer

See Notes.

Gather

- Light a candle(s) and/or time of silence:
 In the name of the Father...
 Let us begin our time of prayer with a few moments silence.
- Sing a song or chant about the Communion, peace or Holy Communion

Listen

• to the passage from Luke

Respond

- Time of silent reflection
- Say the Lord's Prayer pausing for silence between each line.

Sending Forth

- Leader:
 The Lord bless us, and keep us from all evil,
 and bring us to everlasting life.
- All: Amen

Act

 Take a phrase from the Our Father – to meditate on this week, and try to consciously live it. In what ways do you share your life with others?

Prayer

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples.' He said to them, 'When you pray, say:

Father, hallowed be your name.

Your kingdom come.

Give us each day our daily bread.

And forgive us our sins,

for we ourselves forgive everyone indebted to us.

And do not bring us to the time of trial.'

Luke 11:1-4



Excerpts from the Roman Missal @ 2010 International Commission on English in the Liturgy, Inc. All rights reserved.

The New Revised Standard Version (Anglicized Edition), copyright 1989, 1995 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

One of a series of resources produced by the Liturgy Office of the Bishops' Conference to accompany the introduction of the 3rd edition of the *Roman Missal*© 2011 Catholic Bishops' Conference of England and Wales. [S005] www.missal.org.uk