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Notes for Late Communicants.

1. Know the prayers the priest says while distributing Holy Communion. Enter into their sentiments. There are no better prayers for receiving Holy Communion worthily.

- a) As the priest kneels at the altar step before approaching the tabernacle he says the Confiteor. If you know it in Latin, you, instead of the priest, should say it. If you don't know it in Latin, say it to yourself in English.
- b) After the priest opens the tabernacle, takes out the Ciborium and uncovers it, he genuflects, turns to you and says: "May Almighty God have mercy upon you, forgive you your sins and bring you to life everlasting. Amen. May the Almighty and merciful Lord grant you pardon, absolution, and remission of your sins. Amen."
- c) Then taking the Blessed Sacrament in his fingers and reverently holding it, for adoration, over the Ciborium, he continues in a strain of hope for you: "Behold the Lamb of God, behold Him Who taketh away the sins of the world." Then, three times in succession, this prayer which you should follow with the greatest humility and confidence in the goodness of Christ, "Lord, I am not worthy that Thou shouldst enter under my roof; say but the word and my soul shall be healed."
- d) As he actually places Our Lord on your tongue, the priest says: "May the Body of Our Lord Jesus Christ preserve your soul unto life everlasting. Amen."
- e) After all have communicated the priest, on the way to the altar and while purifying his fingers, salutes the Blessed Sacrament in this ecstatic prayer: "O Sacred Banquet in which Christ is received, the memory of His passion is renewed, the mind is filled with grace, and a pledge of future glory is given to us! Thou gave them bread from Heaven! Containing in itself all sweetness! O Lord, hear my prayer. And let my cry come unto Thee!"

Then, for fidelity and perseverance: "Let us pray. O God, Who, in this wondrous sacrament, has left us a memorial of Thy passion, grant us, we beseech Thee, so to venerate the Sacred mysteries of Thy Body and Blood, that we may ever feel the fruit of Thy redemption, Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen."

- f) Turning and blessing you with the sign of the cross, the priest says, "The blessing of God Almighty, the Father, and the Son, and the Holy Ghost, descend upon you and abide forever. Amen."

2. After receiving Holy Communion some minutes should be spent in the chapel in thanksgiving. When Thanksgiving in the chapel must necessarily be shortened, it can be made while walking to class or to other necessary occupations. Preparation for Communion can, when necessary, be made while walking to the chapel. But remember, the benefits of Holy Communion are immeasurably increased by the sincerity and fervor of your Preparation, Reception, and Thanksgiving. Make them as worthily as possible.