

Thursday 4th March

Lesson 2: The priest receives the Body and Blood of Jesus then the people come forward to receive Jesus. After a quiet prayer time there is a final blessing and the people are sent out.

Task: You will need to print this sheet or use some paper. Using the Mass sheet (see above) highlight the parts of the Mass you have studied. Make any notes or drawings in the margin to explain parts of the mass.

Communion and Concluding Rite

The priest receives the Body and Blood of Christ and gives Communion to the Extraordinary Ministers of Holy Communion, who help the priest distribute Holy Communion. Because of COVID restrictions only the host is given at present, the chalice is not shared. The people process to the altar to receive Holy Communion or a blessing. The priest or the Extraordinary Ministers raise the host to each person saying, "The Body of Christ," and each person replies, "Amen," (which means 'I agree') and receives the host.



In the Prayer after Communion – the priest invites the people to pray that, having received Jesus in Holy Communion, they will have the strength to live in communion that is to ‘give and take’ every day.

The Concluding Rite – at the end of Mass the priest prays a final blessing and the Christian family are sent out to live in love, friendship and communion with God and with one another.

The priest may say one of the following versions:

- *Go forth, the Mass has ended*
- *Go and announce the Gospel of the Lord*
- *Go in peace, glorifying the Lord by your life*
- *Go in peace*

Everyone responds, “*Thanks be to God.*” It is a reminder that everyone is called to live in communion with God and each other, every day and in every place.

Think about the following questions:

- Q What does the priest say when he raises the Host and the Chalice?
- Q What happens during the Concluding Rite?
- Q Which version of the Sending Forth do you like best and why?
- Q What do you think it means to ‘glorify the Lord by your life’?