

**HOLY COMMUNION
AND WORSHIP OF THE EUCHARIST OUTSIDE MASS 1973/76**

**RITE OF DISTRIBUTING HOLY COMMUNION OUTSIDE MASS
WITH THE CELEBRATION OF THE WORD**

- *The altar candles are lit.*
- *A corporal is open on the altar.*
- *The key is in the tabernacle.*
- *The leader has a place in the assembly.*

INTRODUCTORY RITES

Once all have assembled, a psalm or chant appropriate to the liturgical time or day may be sung. The leader genuflects if the Most Blessed Sacrament is in the sanctuary. If not, the leader bows profoundly before the altar and stands in front of the assembly.

Greeting

Leader: [Brothers and] sisters,
the Lord invites us (you) to his table
to share in the Body of Christ:
bless him for his goodness.

All: Blessed be God forever.

Penitential Act

Leader: My [brothers and] sisters,
to prepare ourselves for this celebration,
let us call to mind our sins.

A pause for silent reflection follows.

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,

And, striking their breast, they say:
through my fault, through my fault,
through my most grievous fault;

Then they continue:

therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

The leader concludes.

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

All: Amen.

Other forms of the Penitential Act from the Roman Missal may also be used.

CELEBRATION OF THE WORD OF GOD

The celebration of the Word of God may be for the given day in whole or part. The Responsorial Psalm and Verse before the Gospel may be sung. A period of silent prayer should follow the announcement of God's Word. The Word of God is proclaimed at the ambo by designated readers.

The Universal Prayer follows in the usual way. The leader introduces and concludes the Universal Prayer. Another person reads the intentions.

HOLY COMMUNION

After the Universal Prayer, the leader goes to the tabernacle. Opens it, genuflects, takes the ciborium or pyx to the altar, places it on the corporal and again genuflects. At the altar, the leader introduces the Lord's Prayer.

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

The leader continues:

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.

*The leader may invite the people to exchange the sign of peace according to custom.
Let us offer each other the sign of peace.*

The leader genuflects. Taking a host from the ciborium or pyx, raises it slightly over the vessel and says:

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.

Those receiving Holy Communion say once:

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

If the leader receives Holy Communion, he or she says quietly:

May the Body of Christ
keep me safe for eternal life.

The leader reverently consumes the Body of Christ.

The leader takes the ciborium or pyx and goes to the communicants.

The host is raised slightly and the leader says:

The Body of Christ.

The communicant responds:

Amen, *and receives Holy Communion.*

During the distribution of Holy Communion, an appropriate psalm or chant may be sung.

After the distribution of Holy Communion, the leader returns the ciborium or pyx to the tabernacle, genuflects and closes the tabernacle. The leader, if necessary, may purify his or her fingers.

A period of silence may be observed. Or, a psalm or hymn of praise may be sung.

The leader stands in front of the assembly for the concluding prayer.

Leader: Let us pray.

O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your Body and Blood
that we may always experience in ourselves
the fruits of your redemption.
Who live and reign with God the Father
in the unity of the Holy Spirit, God,
forever and ever.

All: Amen.

Any of the concluding prayers found the ritual book may be used.

CONCLUDING RITE

Leader: May the Lord bless us,
Protect us from evil
and bring us to everlasting life.

All: Amen.

Leader: Go in peace.

All: Thanks be to God.

The leader genuflects if the Most Blessed Sacrament is in the sanctuary. If not, the leader bows profoundly before the altar and recesses.

An appropriate psalm or chant may be sung by all.