

Questions to consider

- Did I serve with dignity and reverence?
- Did I take my time – Look – Speak – Touch?
- Is the reverence I have for the Eucharist and the people to whom they minister evident as I perform my ministry and at other times as well?
- Am I growing in my understanding of the Eucharist and my commitment to the parish?

A Reflection.... *The Body of Christ*

In times past people knelt, closed their eyes,
Opened their mouth, put out their tongue,
Received the host from the priest,
Consumed it with dignity as they returned to their place,
Knelt closed their eyes,
Put their heads in their hands and prayed in thanksgiving
For receiving the body of Christ.

Today people draw near, usually to a lay minister,
Standing, with their eyes open and their mouth closed,
Their hand outstretched to take the holy bread.
The minister may look into their eyes as they say 'Body of Christ',
They might even smile,
They might even say your name.
And you might just smile in return
As you say Amen.

Returning to your place, you might look around in wonder;
All these people, just like you, have just been told who they are – body of Christ;
Have just received this in their souls,
Have just said Amen.