

Useful Resources

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Way of the Fathers. A podcast about the Fathers of the Church. www.catholicculture.org/commentary/category/way-fathers

Bread and Wine

In this year of National Eucharistic Revival, it might be useful to review the requirements for the bread and wine used in Holy Communion, as well as the background and history of the sacred vessels in which the bread and wine are offered and consecrated, and from which the Precious Body and Blood of our Lord, Jesus Christ, is consumed.

According to the [General Instruction of the Roman Missal](#), bread and wine with water have always been used by the Church to celebrate the Lord's Supper, following Christ's command to his disciples to "Do this in remembrance of me." (Luke 22:19), and Paul's account of the Eucharistic rite in 1 Corinthians 11:24–25 (319). The bread, called a "host," must be made only from wheat, must be recently made, and must be unleavened in keeping with the ancient tradition of the Latin Church (320). Some of the bread should be fashioned so that the Priest is able to break it into parts and distribute these parts to at least some of the faithful. This is why the Priest will often use a very large host for the consecration which he breaks into pieces and elevates with the Chalice before the *Agnus Dei* ("Behold the Lamb of God...") Smaller hosts are also used when there are large

numbers of people, or for other pastoral reasons (321). The wine for the celebration of the Eucharist must be from the fruit of the vine (cf. Luke 22:18), natural, unadulterated, and well-conserved so that the wine does not turn to vinegar (323).

Sacred Vessels

Sacred vessels have been used in the celebration of the Eucharist since the very beginning of the early Church. The General Instruction of the Roman Missal provides that sacred vessels should generally be made from gold or more precious metals, and if not, should be gilded (plated) with gold on the inside (328). In the United States, "sacred vessels may also be made from other solid materials which are considered precious or noble, for example, ebony or other harder woods (329)."

Chalice

A chalice is a footed cup intended to hold the wine. The name derives from Latin (*calix*) borrowed from Ancient Greek (*kylix*). In Roman Catholicism, chalices tend to be tulip-shaped, and the cups are quite narrow. They can be plain or highly decorated. The interior of the cup must be made of or lined with material that does not absorb the Holy Blood (330). They often have a pommel or node where the stem meets the cup to make the elevation by the priest during consecration easier. Priests will often receive chalices from members of their families when they are first ordained.

Ciborium

A ciborium a large covered cup designed to hold the consecrated hosts which are not



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consumed during the celebration of the Eucharist. The term is derived from Ancient Greek (*kibōrion*). When not in use on the altar, the ciborium is kept in the tabernacle. You will often see the priest or extraordinary minister retrieving the ciborium from the tabernacle so that the previously consecrated hosts may be used for Holy Communion.

Monstrance

A monstrance is a stand used to display the consecrated Eucharist during Eucharistic Adoration of the Blessed Sacrament. The word monstrance comes from the Latin word *monstrare*, meaning "to show." They are usually in the form of an elaborate sunburst, usually topped by a cross. The sun design derives from Latin American Catholicism, where missionaries employed monstrances with the sunburst to appropriate sun imagery to the Holy Eucharist, and hence supplant sun worship among the natives. During the benediction at the end of Adoration, the Priest raises the monstrance with the Holy Eucharist to bless the people. This blessing is by Christ himself, which is why the Priest uses the humeral veil, so as not to touch it with his hands.

Paten

The paten is a small shallow plate upon which the bread is offered to God at the Offertory and upon which the consecrated host is again placed after it is broken. The word paten comes from the Latin *patena*, from the Greek *patane*.

Pyx

A pyx is usually a small, flat, clamshell-style container about the size of a pocket watch used by a priest, deacon, or extraordinary minister to transport the consecrated hosts to the sick or homebound for Holy Communion. The word pyx comes from Greek (*pyxis*). The

pouch in which the pyx may be carried is known as a burse.

Your Hands and Mouth

The hands with which you receive, and the mouth by which you consume, Holy Communion are sacred too. St. Cyril wrote "When you approach, do not extend your hands with palms upward and fingers apart, but make your left hand a throne for your right hand, since the latter is to receive the King." Make sure they are clean.

Saints of the Week

Scan the QR codes with your phone to read and listen about the lives of the Saints.



June 25 – Blessed Jutta of Thuringia (c. 1200-1260). Secular Franciscan who cared for lepers.



June 26 – Blessed Raymond Lull (1235–1315). Secular Franciscan who was martyred as a missionary.



June 27 – Saint Cyril of Alexandria (378–444). Opposed Nestorian heresy of Christ as two persons.



June 28 – Saint Irenaeus (c. 130–202). Bishop of Lyons countered the Gnostic heresies.



June 29 – Saints Peter and Paul (1478–1535). The first Pope and t great evangelist to the Gentiles.



June 30 – First Martyrs of the Church of Rome (d. 64). Martyred at the hands of the Emperor Nero.



July 1 – Saint Junipero Serra (1713–1784). Franciscan priest founded nine California missions.