

This week Pope Benedict approved the retirement of Bishop Raymond Boland. Bishop Robert Finn has been appointed as his successor. Bishop Finn was here for St. Patrick's Day this year, and Bishop Boland came for confirmation last month. We wish Bishop Boland much happiness, and we pray for Bishop Finn as he begins to lead our diocese.

[Tomorrow/Today] Bishop Finn will lead a procession of the Blessed Sacrament through the streets of Kansas City. Pope John Paul designated this the Year of the Eucharist to draw attention to the mass, eucharistic devotions and the hungers of the world. [Tomorrow/This] morning Bishop Finn will place a consecrated host in a monstrance, the ornate vessel we use for eucharistic adoration. He will carry it several blocks to manifest our belief that bread and wine become the Body and Blood of Christ.

[Tomorrow/Today] after mass I will set a consecrated host in a monstrance here on the altar. All who wish to spend up to an hour in prayer and adoration are encouraged to do so.

Before receiving communion at any mass, Catholics are to fast from food and drink at least one hour. This does not apply to medicine or water, and the hour is computed back from the time of receiving communion, not from the time of the start of mass. But a longer fast is praiseworthy.

When we receive communion we are to bow the head first. Some people make a lower bow, but a head bow is sufficient. When the minister says, "The Body of Christ," answer "Amen" with a firm voice – like you mean it. If you receive in the hand, place your strong hand beneath the other. Do not take the host from the minister with your fingers. We receive communion like beggars.

The church encourages us to receive under both forms of bread and wine. We offer the chalice at every mass here. When you come to that station, bow your head, answer "Amen" and take the cup into your own hands. Catholics are not to take a host and dip it into the cup. Our method is always to receive communion.

If anyone cannot tolerate gluten, we have low gluten hosts available. Just let me know before mass. If anyone cannot tolerate alcohol, we offer the Blood of Christ under the form of non-alcoholic mustum at [this/the 5:00] mass [every/on] Saturday[s]. Join the line on the left and indicate your preference to the minister. After mass we bring communion to the sick. If they cannot swallow food, we can offer them communion under the form of wine. If anyone is ineligible for communion for any reason and you'd like to receive, I'm anxious to help.

When the Israelites wandered through the desert, the Lord fed them with water from the rock and manna from the sky. In life we enter many deserts, times and places where we lack the emotional and spiritual strength to carry on. Especially at those times the eucharist will help. It gives us food and drink for strength on the journey of life.