

## Liturgy Is Our Communion

For most Catholics, “communion” has a specific meaning. We use it most often when speaking about the Holy Eucharist. We “receive communion” or “go to communion.” Only rarely do we think about creating communion, participating in it, sharing it with others.

We enter into a relationship called “communion” when we share the Body and Blood of Christ at the Sunday Eucharist. Here the entire liturgy – leading to and including the sacred meal – is an expression of our communion. Our Sunday liturgy, when the truth of our baptism in Christ is again affirmed, binds us together: rich and poor, servant and free, past generations and generations to come. We are a people, we are a holy communion.

1. Name the communities in your life – family, work, friends. How is the church community like these and not like these?
2. Do you regularly look toward Sunday liturgy as a time when you experience being part of a communion with Christ and with the people assembled? What contributes to and what hinders such a looking forward?
3. What moments at the Sunday liturgy build your sense of communion with people outside this local church? Why is this important?
4. In the scriptures, the word of God is spoken to a people. On Sunday it is proclaimed to the listening assembly. What is implied in this? How is this kind of listening different from ordinary ways you listen?
5. “This communion is why all prejudice, all racism, all sexism, all deference to wealth and power must be banished from our parishes, our homes, our lives.” Do you agree? What are the main problems in doing this banishing? As a parish? As Catholic in this country?
6. “There are times for praying alone, seeking privacy. The Sunday liturgy is not such a time.” What is your reaction to this? In the years since Vatican II, have we as church come closer to knowing ourselves as the body of Christ?

*Taken from “Guide for the Assembly” by Cardinal Joseph Bernardin.*