

## ON APPROACHING THE CHALICE FOR COMMUNION

Is there any greater moment of humility, preparation, awareness of lack of preparation, gratitude, love, awe, and holiness in the moments when we approach the Chalice to commune the Holy Body and Blood of our Lord? There simply cannot be for an Orthodox Christian, for to so approach is to approach the Fountain of Immortality, to unlock the gifts of Eternal Life, to *participate* in Christ, the God-man's *victory over death*. Fable-writers and mythmakers have created stories about the quest for immortality, in the dark and hidden cave-tomb in which Christ was laid, away from all mortal eyes, this heretofore only dreamt of Feat was accomplished. Through the Holy Eucharist, we participate in it.

Therefore, let us approach appropriately. We should have recently confessed. We should have prayed with our brothers and sisters the evening before at Vigil. We should pray the prayers of preparation and have fasted (neither drinking nor eating anything) from midnight on. Women should have their head covered and men should dress modestly in long sleeves and pants. No one should wear lipstick or have gum in their mouth.

When venerating icons during the Communion Hymn, we should do so orderly. Our chapel is small, therefore, we should move gracefully and parents should have their children with them. When the Holy Chalice emerges from the Altar, we no longer venerate icons because the Lord is now with us. When the Chalice is present, we should stand. When we approach the Chalice, we should not cross ourselves (unless we are a few feet away) so as not to risk accidentally hitting the Chalice. Immediately upon receiving, we can take a single piece of blessed bread and sip a *zapifka* (wine mixed with warm water). Then we return to an out-of-the-way place in the nave of the church to pray. This is a time to be vigilant against distraction and preserve what we receive.

*Fr. Daniel*  
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## BRINGING GOOD ORDER TO THE COMMUNION LINE

*"But let all things be done decently and in order"* (I Cor. 14:40).

The moments before receiving Holy Communion are marked by forgiveness and repentance. In order to facilitate forgiveness & repentance, here are some instructions about how to venerate during this time.

Some venerate icons as they pray during this time. This can be a good practice (I always did it), but if people are accidentally getting in one another's way as they venerate, it can be distracting.

**First**, please note that all veneration should cease as soon as the Chalice containing the PRECIOUS AND HOLY BODY & BLOOD OF OUR LORD emerges from the Altar. After all, there is no purpose in venerating when one is in the Presence of the King!

**Second**, given the fairly limited size of our nave, please only venerate the Resurrection or Festal icon that is in the center of the nave at this time.\* One can venerate all of the icons when one enters and leaves the church. Veneration will be much more orderly if people venerate the center icon and then simply shift to the right in order to form the Communion line between the center icon and the icons on the right analogion.

**Finally**, after pausing to consume *zapifka* (bread and wine) at the small table behind the left pillar, please pass around behind the left pillar in order to return to where one stands. This will create a more orderly procession. Thank you!

*Fr. Daniel*

\*If it is a weekday Liturgy & there is no center icon, all of the icons can be venerated.