

**Church Open/Office Hours 7:30 am to 7:30 pm 7 days a week**  
**Mass, Adoration & Sacraments at Our Lady of Perpetual Help Parish**

**Sunday Mass**

Saturday vigil 5:00 pm  
Sunday 8:30 am, 10:30 am,  
12:30 pm and 7:00 pm

**Weekday Mass**

*Mornings:* Monday to Saturday 8:30 am  
*Evenings:* Monday to Friday 6:15 pm

**Sacrament of Reconciliation**

Every Saturday 9:15 am to 11:00 am

Monday to Friday: **Immediately Following Morning and Evening Mass**

*\*\*\*If you wish to celebrate Reconciliation after a weekday Mass, please ensure you are AT THE CONFESSIONAL BY THE TIME MASS ENDS. The priests will not wait if no one is there after Mass, and will only stay for as long as there are people waiting.*

**Sacrament of Baptism**

Celebrated the Third and Fourth Sundays of Every Month at 2:30 pm.

(Contact the Parish Office minimum 1 month in advance to register for Baptismal Preparation.)

**Eucharistic Adoration**

**Wednesday Holy Hour at 5:15 pm prior to evening Mass**

*1st Wednesday hosted by Mary's Servants for Christ: August 5, 2026*

*2nd Wednesday hosted by Society of St. Vincent de Paul: July 8, 2026*

*3rd Wednesday hosted by CWL: July 15, 2026*

*4th Wednesday hosted by K of C: July 22, 2026*

*5th Wednesday hosted by Clergy: July 29, 2026*

**ALSO: Friday Holy Hours at 7:30 am and 5:15 pm prior to the daily Masses**

**AND First Sunday of Every Month FAMILY-FRIENDLY Holy Hour at 2:30 pm**

**(children of all ages WELCOME, silence is NOT expected in the Church)**



LIVESTREAM  
WORSHIP



**Did you know we have a YouTube Channel?** For the benefit of the faithful whose health or other circumstances prevent them from attending the church in person, **all Masses and Adoration are livestreamed at:**

**<https://www.youtube.com/@olphparishsherwoodparkab/streams>**



**WATCH** the 8:30 am Mass, seven days a week, live on Telus Optik TV Channel 877.  
(Must be a Telus Optik subscriber.)



**LISTEN** to the 8:30 am Sunday Mass live – or anytime – from your landline or cell phone.  
Dial **888-OLPH-808** (888-657-4808) and then follow the simple instructions.



**Our Lady of Perpetual Help Parish ~ A Roman Catholic Christian Community**  
**Sunday July 5, 2026 ~ Fourteenth Sunday in Ordinary Time**

**We Remember, We Celebrate, We Believe**

**13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 [www.olph.ca](http://www.olph.ca)**



Today is our monthly **PASTORAL PRIORITIES SUNDAY**, with fellowship time and refreshments in the foyer following each Mass.  
**Everyone Welcome! Please Stay to Enjoy!**

All ages are welcome for  
**Family-Friendly Eucharistic Adoration**  
2:30 pm - 3:30 pm



HOLY MASS WITH THE

# Ordination of Deacons



7:00 P.M. | JULY 16, 2026  
ST. JOSEPH'S CATHEDRAL-BASILICA

Archbishop Stephen Hero will ordain Daniel Salé and our own Andrew Sheedy to the Transitional Diaconate for the Archdiocese of Edmonton . All are welcome!

*For parishioners wishing to attend the Ordination Mass, there will be a BUS to and from the Basilica. **Departure time 6:00 pm from OLPH.** Seats are limited! **Send an email to [pastoralpriorities@olph.ca](mailto:pastoralpriorities@olph.ca) or call the Parish Office 780-467-5470 to book your spot.***



**When you give to Together We Serve you can be confident that your gift is supporting organizations that share your Catholic beliefs and values.**

**PLEASE GIVE TODAY!**

SCAN to give 

 [caedm.ca/donate-to-tws](http://caedm.ca/donate-to-tws)



**OLPH YOUTH SUMMER YOUTH NIGHT**  
**Grade 7+ FRIDAY**  
**July 10, 2026 6:15-9:00pm**  
Mass, roast hotdogs, bake smores! Water fight (weather permitting).



July 6-11

**Monday** ~ Pierre and Jo Labbe†, Jeanette Machura†, Kevin St. George†, Heidi Dewald†, Pravin Patelia†, Wayne McKendrick†, Genius family, Fr. Martin Carroll, Tamara Locskai, Dominic Draganiuk, Dominic Isinger

**Tuesday** ~ Rafae Rigon†, Janice Schnider†, Gordon Charlebois†, Anik Tremblay, Bible Study Group, Marvin & Gail Weleschuk & family, Brittany Cavanagh, Christine Paranych, Ivy Gracias, Anthony Draganiuk

**Wednesday** ~ Madeline Williams†, Chase Evan Gourlay†, Maria Liza Cala†, Hank Penner†, Rachelle Klone†, Cora Watkins, Claddy Noda Paragas, People of Goodfish Lake, Pankti Patelia, Roy Bradley, Esther Kowlachuk

**Thursday** ~ Marilyn L. Castro†, Merle Moriarty†, Lily Buckley†, Agnes & Andrew Ng, Maria Errera, Jeff Newman, Marvin & Gail Weleschuk & family, Fr. Jim Corrigan, Paul Silveira, Christy Isinger

**Friday** ~ Hillary Lugo†, Harry†, Annette Martin†, Rose Manzano†, Dean Fossen†, Bernard & Irene Fobert, Paragas Mallari Family, Fr. Jim, Erica Florizone, Gapas-Clack Family

**Saturday** ~ Mervyn Lynch†, Philip Walker†, Harvey Greif†, Mervin Prediger†, Cora Watkins, Terry Dawe Jr., Pankti Patelia, Matthew Gaudet, Lyrissa Sheptak, Sandra Kone



Condolences to the family of **Dennis Nash** who passed away on June 21, 2026. Funeral Mass on Monday, July 13, 2026 at 10:30 am.

**REMINDER: DEADLINE FOR BULLETIN**

**SUBMISSIONS IS TUESDAY BY 12:00 PM.**

**PLEASE SEND BY EMAIL TO: [INFO@OLPH.CA](mailto:INFO@OLPH.CA)**



**DO YOU NEED SOMEONE TO PRAY FOR YOU?**

Contact one of our *Prayer Laudators*,  
Doreen 780-467-0597 or Josie 780-467-0197

**Parish Office 780-467-5470**

**General Inquiries: [info@olph.ca](mailto:info@olph.ca)**

**OLPH Website: [www.olph.ca](http://www.olph.ca)**

**Your OLPH Parish Team:**

**Pastor ~ Fr. Jim Corrigan**

[jcorrigan@olph.ca](mailto:jcorrigan@olph.ca)

Cell 780-470-2730

**Associate Pastors**

**Fr. Michael Aro. Pancras SDB**

[michael.aro@olph.ca](mailto:michael.aro@olph.ca)

**Fr. Arun Malayappan Jayamary**

**SDB [Arun.MJSDB@caedm.ca](mailto:Arun.MJSDB@caedm.ca)**

**Permanent Deacon**

**Deacon Lynn Pion**

[lpion@olph.ca](mailto:lpion@olph.ca)

**Seminarian**

Andrew Sheedy

[Andrew.sheedy@caedm.ca](mailto:Andrew.sheedy@caedm.ca)

**Business Coordinator**

Bridget Francisco

[bridget.francisco@olph.ca](mailto:bridget.francisco@olph.ca)

**Pastoral Assistant**

Natalie Lavigne [nlavigne@olph.ca](mailto:nlavigne@olph.ca)

**Administrative Assistant**

Jenny Velazco [jvelazco@olph.ca](mailto:jvelazco@olph.ca)

**Administrative Assistant**

Angie DeWolfe [adewolfe@olph.ca](mailto:adewolfe@olph.ca)

**WEEKEND Admin Support**

[reception@olph.ca](mailto:reception@olph.ca)

**Volunteer Management**

[vmteam@olph.ca](mailto:vmteam@olph.ca)

**Archdiocese of Edmonton**

**Website: [www.caedm.ca](http://www.caedm.ca)**

**In case of Emergency, call or  
text Fr. Jim at 780-470-2730**

## Catholic Community News



### FAITH & FAMILY NIGHT

GATHER YOUR FAMILY, FRIENDS, AND FELLOW CATHOLICS FROM ACROSS THE ARCHDIOCESE OF EDMONTON TO JOIN US FOR AN UNFORGETTABLE EVENING OF FAITH, FELLOWSHIP, AND EDMONTON ELKS FOOTBALL.

**EE** VS **BC**

**FRIDAY, JULY 17 | 7 PM**

**\$20**  
ADULT TICKET

**\$15**  
YOUTH TICKET  
(AGES 17 & UNDER)

SUPPORT WORLD YOUTH DAY 2027!

THE EDMONTON ELKS WILL DONATE \$2 FROM EVERY TICKET PURCHASED THROUGH THIS OFFER

**FUN ACTIVITIES FOR ALL AGES IN  
OUR TAILGATE & FAN ZONE  
BEFORE GATES OPEN!**



**\*\*If your family would be interested in a BUS RIDE from OLPH to Commonwealth Stadium and back for this event, please email Natalie at:**

**[pastoralpriorities@olph.ca](mailto:pastoralpriorities@olph.ca)**

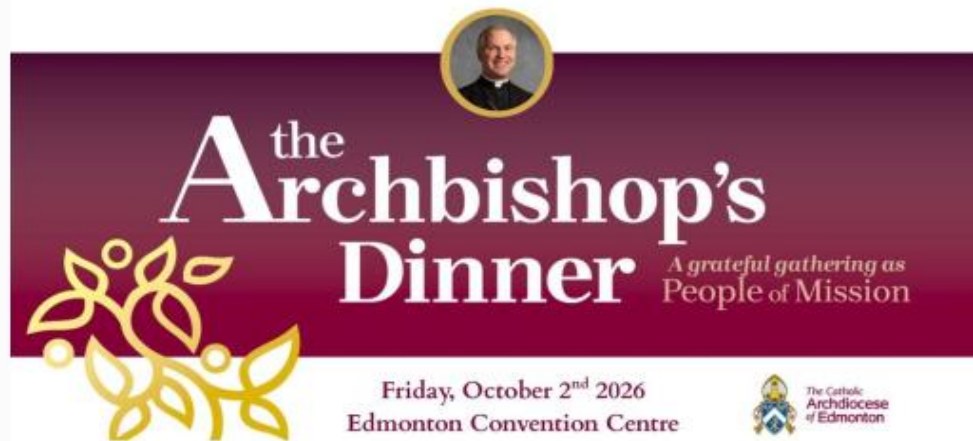
**\*\*The Edmonton Elks will donate \$2 from every ticket purchased through this special offer to support Archdiocese of Edmonton pilgrims travelling to World Youth Day 2027!**



## OLPH Financial Report

| Week 26<br>June 28, 2026       | Cost of Operating the Parish | Building Fund Target Amount | "Together We Serve" Target Amount |
|--------------------------------|------------------------------|-----------------------------|-----------------------------------|
| Average weekly amount required | \$29,135.00                  | \$2,480.00                  | \$2,625.00                        |
| Donations this week            | \$23,124.50                  | \$2,055.10                  | \$1,314.25                        |
| This week surplus/shortfall    | -\$6,010.50                  | -\$424.90                   | -\$1,310.75                       |

- A humble and heartfelt *THANK YOU* to everyone who supports the financial needs of our parish home with Pre-Authorized Debit (PAD), by bringing your Sunday Giving Envelopes to the church, or donating via INTERAC ETRANSFER to: [OLPH.etransfer@caedm.ca](mailto:OLPH.etransfer@caedm.ca)
- Cost of operating the parish "average weekly amount" is 1/52 of the total annual amount of ordinary receipts projected in the 2026 budget
- Building fund target average weekly amount is based on total donations projected in 2026 budget.
- Together We Serve weekly amount is based an annual target which is set by the Archdiocese.
- Together We Serve Collection - *First Sunday of every month - July 5, 2026*
- SSVP Poor Box Collection - *Third Sunday of every month - July 19, 2026*



## Join us for the Archbishop's Dinner 2026

*Celebrating the beginning of Archbishop Stephen Hero's ministry  
as the Archbishop of Edmonton*

**Early Bird Pricing until Sept. 15**

**Friday, October 2, 2026 – 5-9 p.m.  
at the Edmonton Convention Centre – Hall D**

**\$125 per person 9 (\$150 after Sept. 15)**

**\$1250 per table (\$1500 after Sept. 15)**

**Buy Ticket Online at: [caedm.ca/dinner](http://caedm.ca/dinner)**

\* Please note that ticket prices only recover the cost of the event; therefore, no tax receipt can be issued.

The Archdiocese of Edmonton warmly invites Catholics from across central Alberta to gather for the Archbishops Dinner on Friday, October 2, 2026 – 5 to 9pm at the Edmonton Convention Centre.  
Co-Chaired by Fr. Paul Kavanagh and Cindy Escott, Superintendent of Evergreen Catholic Schools, this year's Dinner marks a significant moment in the life of our Archdiocese as we celebrate the beginning of Archbishop Hero's ministry as the eighth Archbishop of Edmonton.

## Celebrating our Catholic community

The Archbishops Dinner is also an opportunity to recognize and celebrate the many ministries, parishes, schools, religious communities and volunteers whose faithful service strengthens the Church throughout central Alberta. We encourage every parish to be represented at this special event and invite parish communities, families, organizations, and individuals to join us for this memorable celebration.

## Support a Seminarian

Please consider a **\$125 donation to support a Seminarian**. Click on the "buy tickets" link for more details. We hope every seminarian from St. Josephs Seminary will be able to participate in this special evening.

For any questions, contact Clair Gibson at [clair.gibson@caedm.ca](mailto:clair.gibson@caedm.ca)

## What's Happening at OLPH



Mass  
Schedule

**Seniors Residences & Care  
Center Masses This Week**

**Tuesday~** Cloverbar Lodge 10:30 am

**Wednesday ~** Country Cottage 10:30 am

**Thursday ~** Silver Birch 10:30 am and  
Aster Gardens 2:00 pm



## SEEKING HOSPITALITY VOLUNTEERS July 11-12

If you (or your group) can volunteer to  
serve coffee & cake for **Fr. Michael's  
Farewell** after Masses the  
weekend of **July 11-12**,  
please contact Ana at  
[t\\_fichtner@hotmail.com](mailto:t_fichtner@hotmail.com)



***Congratulations & Welcome  
to the children BAPTIZED on  
Sunday June 28, 2026***

Marco Angelo Fabian  
Reveille Irene Pinto  
Rhyl Villalon Pinos



## WEDDING CONGRATULATIONS

*Steini Daub  
& Joan Campbell*

**United in Holy Matrimony  
on June 27, 2026**

**Al-Anon Family Group Meetings**  
*will be hosted at OLPH for the summer*

**Wednesdays at 1:30 pm**

July 8 – August 26

in the St. Jerome Room

*For more information*

*contact Paulette*

587-982-1267



*The Knights of Columbus and CWL will be hosting*



## The 2nd Annual Chili Fest!



**Saturday October 3, 2026**

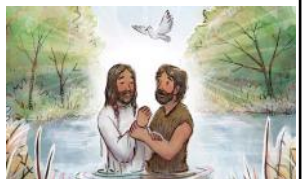
*We invite other groups or individuals to participate  
in our fun chili-making competition this year.*

- Limited to 6 participants/groups
- Estimate serving size is for 25, 10oz portions
- Must be prepared in Parish Commercial Kitchen
- Cover own costs

**Submit your inquiries and  
entry request to Grand  
Knight Blake Krause**  
( [blake.e.krause@gmail.com](mailto:blake.e.krause@gmail.com) )  
**by August 14, 2026**



**BAPTISM** opens the door to the  
rest of our Catholic Sacraments.  
*If your child attends Catholic  
school but is not yet baptized,  
we have special support for  
your family!*



**FAMILY BAPTISM PREPARATION CLASS**  
**Tuesday July 14, 6:15 pm - 8:30 pm**

*(Both mother and father, and any child age 7-10 must  
attend. Godparents are also encouraged to attend.)*

After parents and children have completed their preparation, your  
child can join one of our summer Baptism celebrations scheduled  
for Sunday July 26, August 16 or August 23 at 2:30 pm

**Your child will then be able to join their classmates in  
grade 2-5 preparing to celebrate First Reconciliation and First  
Holy Communion next school year.**

Email [sacraments@olph.ca](mailto:sacraments@olph.ca) to register.

## What's Happening at OLPH

### CALLING ALL ARTISTS OF OLPH: *"Celebrating Our Sacraments in Art"*

#### You are invited...

to participate in a unique visual art ministry!



We are launching a special initiative to design a custom collection of Welcome and Sacramental Anniversary cards. These cards will be mailed to our parishioners to welcome new families into our community and honour the continued fruitfulness of their recently received sacraments.

Because the Sacraments are visible signs of God's invisible grace, we want the artwork on these cards to flow directly from the prayer, talent, and devotion of our own parish family!

Submissions of all visual mediums are welcome including **digital art, paintings (oil, watercolor, acrylic), sketches, photography, or high resolution photos of physical sculptures or models.** We invite you to prayerfully reflect to capture the spiritual depth, joy, and grace of one of the following themes:

**Baptism:** *New life in Christ, water, light, and white garments.*

**First Reconciliation:** *Mercy, forgiveness, peace, and the loving embrace of God.*

**First Holy Communion:** *The Eucharist, bread and wine, spiritual nourishment, and community.*

**Holy Matrimony:** *Covenant, love, unity, and two becoming one in Christ.*

**Order of Christian Initiation for Adults (OCIA):** *The journey of faith, transformation, and entering the Church.*

**In Memoriam/Sympathy:** *Hope in the resurrection, eternal peace, and God's comfort.*

**Welcome New Families:** *Hospitality, community, the warmth of the OLPH Parish family.*

**A Note on Design:** Please keep in mind that selected artwork will be formatted to fit standard greeting cards (typically 5"×7", either vertical or horizontal orientation).

**Who Can Submit:** This call is open to all OLPH parishioners—from our youngest budding artists to our seasoned masters. Art is a universal language of faith! Each artist may submit up to three (3) pieces of artwork.

**Technical Format:** Digital files must be high-resolution (minimum 300 DPI in JPEG or PNG format). Physical art pieces should be scanned or photographed in high resolution under clean, bright lighting.

**Information Needed:** With each submission, please attach your name, contact details, the intended sacrament, and a brief reflection (1–3 sentences) on how your faith or prayer inspired the piece.

**SUBMISSION DEADLINE: September 30, 2026**

**How to Submit:** Please email your high-resolution digital files or photos of your artwork to [pastoralpriorities@olph.ca](mailto:pastoralpriorities@olph.ca) with the subject line "Art Submission - [Your Name]".

**Physical drop-offs:** If you have a physical piece that needs to be scanned, please bring it to the Parish Office during regular office hours.

**Thank you for sharing your God-given talents and blessing the lives of others!**

*"Art, like grace, turns our eyes toward the beauty of the Divine."*



## Catholic Community News

**LAC STE. ANNE PILGRIMAGE**  
JULY 18 - 23, 2026

More Information at [lacsteannepilgrimage.ca](http://lacsteannepilgrimage.ca)

Hosted by Catholic Renewal Services of Edmonton

**JESUS CENTER STAGE**

WORSHIP NIGHT  
JULY 18TH @ 7:00 PM

ST. EMERICS CATHOLIC PARISH  
12960-112 ST. NW EDMONTON

*"O come, let us worship; bow down, let us kneel before the Lord our Maker."  
Psalm 95:6*

August 14 - 15, 2026

**Skaro Shrine**

108th Annual Pilgrimage 2026

**FRIDAY, August 14**

6:30 p.m. - Reconciliation  
7:00 p.m. - Rosary  
7:30 p.m. - Vespers  
8:00 p.m. - Mass at the Grotto

Solemn Mass  
Presided by His Excellency  
Most Rev. Bishop Stephen Hero

The Blessed Sacrament  
Procession with lit candles  
will follow the blessing of the religious articles.

**SATURDAY, August 15**

10:00 a.m. - Mass at the Grotto  
with the Sacrament of the Sick

The Blessed Sacrament  
Procession with lit candles  
will follow the blessing of the religious articles.



## TOFIELD CORNER

~ **St. Francis of Assisi Parish** ~

**5523-50 Street, Tofield AB** Mass every Sunday at 11:00 am  
14th Sunday in Ordinary Time

1. Rains, floods? No problem! St. Francis of Assisi had a beautiful 'Summer Time Family Picnic' at the Tofield Legion last Sunday. A huge thank you to all the people who made it possible! Extra big thanks to Sandy for the last-minute arrangements with the Tofield Legion so we could have our picnic 'high and dry' indoors out of the rain and wind. No stopping this little prairie community!
2. Our **Prayer Shawl** and **Prayer Ministry** continues. Please contact Kathy at 780-270-8652 if interested.
3. The next **Men's Bible Study** gathering is scheduled for **Tuesday July 14**, at St. Francis of Assisi Church, starting at 6:00 pm. For more info contact Daniel at 780-265-0797 or Paul at 780-405-7998. Readings and discussions on this day will center around *2-Maccabees 1, Sirach 40-41 and Proverbs 24: 1-7*. It is amazing how applicable these readings are even today in our 'modern times'! Check it out!
4. Don't forget to check out some of our **parish promotions items** on display in our dining area. A great way to support of charity/reno account and show support for our beautiful little St. Francis of Assisi Parish
5. Our '**St. Francis of Assisi - Let's Celebrate**' meeting was a small, but very productive one. Our next meeting will be on July 10, hosted by Victor again! (He has the best outdoor fire-pit that definitely lends to good conversation and great ideas!) More details to follow.
6. Our **Tofield Food Bank** is always in need of your kind donations. Donation box at the entrance of the church, next to the **Recycle Box**.
7. A big thank you to **Paul and other volunteers** who cleaned up after the rain which flooded our dining area. So much rain brings out so many good people!
8. **Volunteers** are needed for the inflatables at the **Promenade** on Friday August 7 in Tofield. Shifts are 2 hours long, from 5:00 -7:00 pm and 7:00 -9:00 pm. For more information and volunteering please call Sandy at 780-991-8956



Prayer Shawl



FEED THE HUNGRY



To post in the 'Tofield Corner' contact Kathy by email [Kathleen.Anderson.one@gmail.com](mailto:Kathleen.Anderson.one@gmail.com) or phone 780-270-8652 (New deadline is Monday for the following weekend's bulletin.)

## What's Happening at OLPH

**Register today!**

**JUNIOR**

**IGNITE**

**CATHOLIC SUMMER CAMP**

**FACETO FACE MINISTRIES**

**JULY 21 - 23 | GRADES 6-8**

**OUR LADY OF PERPETUAL HELP PARISH**

**REGISTER HERE**





**Scan the QR code to register or visit**

<https://facetofaceministries.ca/events/ignite-junior-sherwood-park-2026/>



### *Mary's Servants for Christ*

We would like to extend our sincere thanks to everyone who joined us on June 27 to celebrate the Memorial of Our Mother of Perpetual Help. It was a wonderful afternoon and we are grateful to everyone who helped make the celebration so special. According to tradition, more than 500 years ago, Our Blessed Mother asked to be known under this title of Perpetual Help - a reminder that we are never alone and can always turn to her in our times of need.

Centuries later, in 1866, Pope Pius IX entrusted this beloved icon to the Church with one simple instruction: "**Make her known throughout the world.**" That mission continues today here at Our Lady of Perpetual Help Parish.

***We invite you to join us in praying the Rosary following the daily 8:30 am Mass Monday-Friday, and on Saturdays at 4:20 pm before the vigil Mass.***



**THE CLOTHING NOOK is OPEN for Shopping:**

**Saturdays 10:00 am - 12:00 pm** July 4, 18, August 1, 15, 18

**Tuesdays 1:00 pm - 3:00 pm** July 14, 28, August 11, 25



## Opinion versus Church Teaching

One of the things common to most of us when it comes to our faith, is that often we have an opinion about various aspects of Church teaching and/or Liturgical directives and practices. The blessing of course, is that we are entitled to our opinion, but at the end of the day, Church teaching trumps opinion all day long.

In this reflection, I want to offer some catechesis on reception of Holy Communion under one species or two; Holy Communion on the hand or on the tongue; and posture during reception (standing or kneeling).

**The Church teaches that Holy Communion is fully effective under one species or both,** because Christ is sacramentally present in His entirety under each species. Likewise, the Church teaches that receiving in the hand or on the tongue does not make Communion “more or less valid” in itself. What matters is reverence, and where Communion in the hand is authorized, each communicant may choose without being coerced. “Christ whole and entire and a true Sacrament are received under either species alone...those who receive one species alone are not deprived of any grace necessary to salvation, (Council of Trent).”

The Catechism of the Catholic Church reaffirms this doctrine. “Since Christ is sacramentally present under each of the species, communion under the species of bread alone makes it possible to receive all the fruit of the Eucharistic grace, (CCC 1390).” The General Instruction of the Roman Missal instructs pastors to teach: “Christ whole and entire is received even under only one species, and therefore, those who receive under only one species are not deprived of the grace that is necessary for salvation, (GIRM 282).” The Catechism also states that: “Sharing in both Eucharistic species reflects more fully the sacred realities that the Liturgy signifies, (CCC 1390, US Conference of Catholic Bishops).”

**What about the efficacy of the sacrament whether receiving on the tongue or the hand?** A key point in the Church’s teaching is that Communion on the tongue is always permitted as a choice. “Each of the faithful always has a right to receive Holy Communion on the tongue. If a communicant should wish to receive the sacrament in the hand, the sacred host is to be administered to him/her, (Redemptionis Sacramentum 92).” Also reflected in the General Instruction, “the host may be received either on the tongue or in the hand at the discretion of each communicant, (GIRM 160).” When communion is received in the hand, “special care should be taken to ensure that the host is consumed, so that no one goes away carrying the Eucharistic species, (Redemptionis Sacramentum 92).” So, while the method of reception of Holy Communion does not change the sacrament’s essential effect, the Church does require a stronger diligence in maintaining reverence of reception of the Blessed Sacrament when receiving in the hand.

### What about posture, standing or kneeling for reception of Holy Communion?

Kneeling vs standing for receiving the Holy Communion is a question of **liturgical discipline and posture, not of sacramental validity**. Church teaching is that whether you receive the Blessed Sacrament standing or kneeling, you receive the same sacrament, and you may not be refused communion merely because of your posture. It is the Bishop of the Diocese who determines posture for reception of Holy Communion. “The faithful should receive Communion kneeling or standing as the Conference of Bishops will have determined. However, if they receive Communion standing, it is recommended that they give due reverence before receiving, (Redemptionis Sacramentum 90).” Even where kneeling/standing pastoral norms vary, the Roman Missal describes a consistent reverence gesture. “When receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence, (GIRM 160).”

The Catechism does not give a specific rule like stand or kneel for Holy Communion. It states that a general demeanor of reverence is the essential element. “Bodily demeanor (gesture, clothing) ought to convey the respect, the solemnity, and the joy of this moment when Christ becomes our guest, (CCC 1387).”

**Is the sacrament of Holy Communion more efficacious when administered by clergy rather than by extraordinary ministers of the Eucharist (laity)?** No it isn’t. Holy Communion’s objective efficacy does not depend on whether Communion is given to you by a priest, a deacon or by an extraordinary minister. “The Eucharist is a sacrament: an action of Christ and the Church that expresses and strengthens faith, renders worship to God, and effects sanctification. Because of this, the sacrament itself has an intrinsic efficacy that does not come from the personal holiness of the minister, (Code of Canon Law 840).” The Church also teaches that pastors ensure that people who seek the sacraments are prepared and not prohibited from receiving them, and that they receive them properly. “The fruit of the sacrament therefore also depends on the communicant’s proper disposition, (Code of Canon Law 843).”

Is Communion “less effective” if given by an extraordinary minister? No, not in the sense of “less valid” or “less Christ-giving.” This, providing that the Eucharist has been validly consecrated, and that the minister is a validly authorized extraordinary minister, (code of canon law 910).

Some of this is a heavier read than last week’s *Happy Summer edition*. What gives me great peace in all of this, is that I can access the greatest minds in the history of the Church to document what I present. As stated earlier, I certainly do have an opinion about this and that, but at the end of the day, my opinion and twenty-five cents used to buy a cup of coffee. I defer to the experts on something as important as our faith.

Blessings, Fr. Jim

