



an incomprehensibly miraculous gift, we still have to train our hearts to fully receive it, and we can start with what we do on the outside.

First and foremost, try to receive Communion as much as possible, but at least do everything in your power to order your Sunday around it. Fast for at least an hour before Mass and arrive early enough to prayerfully prepare, which includes setting aside other concerns, examining your conscience, and simply telling Jesus that you love Him. It's also helpful to read through the lessons beforehand, inviting Jesus to speak to you through them. As you receive, ask for the grace to know Jesus as He wants to be known and love Him as He wants to be loved, and then afterwards, offer thanksgiving and simply try to enjoy His presence. If that sounds like a lot, don't be intimidated. If we just treat the Eucharist with reverence and approach it with the genuine expectation that Jesus meets us there, He'll make up the difference and help us begin to open our hearts to all He has to offer.

## CALENDAR

SUNDAY:            Feast of Corpus Christi  
                      8:00a Low Mass (Church)  
                      9:30a Christian Formation (Fireside Room)  
                      10:30a Solemn Mass (Church)

—*The entrance to the church is on 6<sup>th</sup> Avenue*—

*Note: Child care is provided at the 8:00a, 10:30a Mass, Coffee Hour & Fellowship follow the Mass in the Parish Hall.*

MONDAY            7:00p (AA) Doctors' Group (Fireside Room)

TUESDAY:        Noon Mass (St. Mary's Chapel)

THURSDAY        6:30p Evening Prayer (St. Mary's Chapel)

FRIDAY:           9:00a Morning Prayer (St. Mary's Chapel)  
                      9:30a Mass (St. Mary's Chapel)

AA Meetings

8:00p Ladies' Group (Fireside Room)

8:15p Men's Group (Parish Hall)