

The Fruits of Holy Communion

The Catechism tells us that receiving the Eucharist has the following fruits:

1. The principal fruit of receiving the Eucharist is that it brings us into intimate union with Jesus Christ. After all, Jesus Himself said, "Whoever eats my flesh and drinks my blood abides in me, and I in him." (John 6:56, CCC1391)
2. Receiving the Eucharist gives us spiritual nourishment to preserve, increase and renew the life of grace we received at Baptism. (CCC 1392)
3. Receiving the Eucharist unites us to all the faithful in the one Body of Christ – which is the Church. St. Augustine said, "When you hear the words 'the Body of Christ' and you respond 'Amen,' you are assenting to being a member of the Body of Christ." (CCC1396) Therefore, the 'Amen' does not only mean that we believe that the Host we receive is really the Body and Blood of Christ, it also means that we assent to being a true member of the Church. This assent carries with it the assent to faith – believing what the Church teaches, and the demeanor that is expected of being a member of the Body of Christ.
4. When received worthily, the Eucharist separates us from sin by wiping away venial sins and preserving us from future mortal sins. (CCC1393)

If receiving the Eucharist has all these fruits, then after years and years of receiving the Eucharist, how come some people say that they don't feel any closer to Christ? How come they don't feel like they are living in grace? How come they don't feel more in communion with the other members of the Church? How come they continue to commit the same sins over and over again?

So, how exactly does the Eucharist wipe away venial sins and preserve us from future mortal sins?



Pope Innocent III (1198-1216) taught that the devout reception of the Eucharist "wipes away venial sins and wards off mortal sins." That happens because the Eucharist, when received worthily, infuses charity into the soul. When infused into the soul, charity attracts the soul to conform with the will of God; it increases the passion of the will to fight against anything opposed to God, and it leads the soul to repent of sin and to make a firm purpose of amendment. Venial sins are forgiven to the degree of true contrition in the heart and a firm resolve to avoid those sins in the future. This implies that contrition and the resolve to avoid sin is not limited to the Sacrament of Penance. These two actions of the heart – contrition and firm resolve – are also necessary when receiving the Eucharist.

There is a beautiful relationship between the Sacrament of Penance and the Sacrament of the Eucharist. The power of the Sacrament of Penance is that when mortal sin has separated us from God, we can experience the power of the Resurrection of Jesus restoring us to life. Then, when we receive the Eucharist worthily, we are filled and strengthened with the life of Christ once again.

We all sin every day. However, frequent participation at Mass and reception of the Eucharist gives us the grace to overcome the sins that wound our relationship with God. In the celebration of the Mass, we ask forgiveness for our sins in the Penitential Rite, we are enlightened with His truth in the Liturgy of the Word, we offer ourselves to Him at the Offertory, and we receive His life anew in the Eucharist.

The fruits of receiving the Eucharist are there for us to take and to benefit from, but if we approach Holy Communion and our spiritual life with a bored, lazy or frivolous disposition, then we cannot benefit much from it.

Prayer List: Eva Mullins, David Wang, Chen Jianxin, Liang Chenjing, Pan Bohao and Xu Taicheng.

耶穌聖名華人天主堂
THE HOLY NAME of Jesus CHINESE CATHOLIC MISSION
5395 Light Circle NW, Norcross GA 30071 678-691-3261 hnojatl.org
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PARISH ANNOUNCEMENTS

Public service announcement: National Public Data (NPD) confirmed this week that a security incident within their company resulted in a leak of personal information, including social security numbers for millions of people in the U.S. NPD is a data company based in Coral Springs, Florida, that provides background checks for employers, investigators and other businesses that want to check people's backgrounds. Its databases include criminal records, vital records, SSN traces and more information. In their statement on Friday, NPD warned that the information that was suspected of being breached contained name, email address, phone number, SSN and mailing address. NPD recommended the public to take a number of steps to safeguard their identities, including freezing their credit and putting fraud alerts with the three consumer credit reporting agencies: Equifax, Experian and/or TransUnion in order to prevent identity theft.



Today is potluck Sunday! This is a great activity for everyone to foster fellowship in our church community. If you are celebrating your birthday in the month of August, we have ordered a birthday cake for you. Lunch begins after the 10:30am Mass.



Are you an adult and have not yet received the Sacrament of Confirmation? If so, we invite you to join our Confirmation program to prepare you for the Sacrament of Confirmation at the Easter Vigil in 2025. If you are interested, please contact Fr. Bill.



Chinese language classes for adults begin today. Please register with Michelle Tseng.

Attention children and parents: Sunday School will resume on August 25, 2024. Class schedule for schoolyear 2024-2025 is now available in the church foyer and on the church website. Please register with Long Che Chan. Our first class on August 25 will be on **Safe Environment**. Parents are invited to sit in this class to benefit from information regarding the safety and well-being of your children.



Our Fall garage sale will be on Saturday, September 7, 2024 from 8am to 2pm. Please check if you have clothes, household and gift items in good condition to donate. You may start bringing donated items anytime before August 25. Please sign up with Daisy and Angela Ooi if you can help during the garage sale.

Come and celebrate the Mid-Autumn Festival with us on September 15, 2024. We will have a lantern parade by the children of our parish after the 10:30am Mass, our community potluck, riddles for adults and prizes for the best lantern and riddle winner!



Mass Schedule	Confessions	Bible Study
Sundays 10:30 AM (Chinese)	Sundays 9:00-9:30 AM	Wednesdays 10:00 AM (Chinese)
Sundays 2:00 PM (English)	Tuesdays 2:00-3:00 PM	Mondays 6:00 PM (English)
	By Appointment	
Mondays 12:00 PM (English)		Eucharistic Adoration
Tuesdays 12:00 PM (English)	Anointing of the Sick	Sundays 9:30 AM to 12:00 PM
Wednesdays 12:00 PM (Chinese)	First Sundays after 10:30 AM Mass	Tuesdays 1:00 PM to 4:00 PM
Fridays 12:00 PM (English)		
First Friday 7:00 PM (English)		
First Saturday 10:00 AM (Chinese)		