

Saint Catharine of Siena Parish

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FUNERAL MASS PLANNING ~ SACRED SCRIPTURE

The Roman Catholic liturgy provides comfort and courage for family and friends mourning the death of a loved one. They often find that planning and participating in the funeral ceremony provides deeper consolation and strength for them. When we celebrate death in the Church, it is customary to celebrate a Mass of Christian Burial. The following readings from the Sacred Scriptures are those suggested by the church for the Mass of Christian burial.

Please note that a Catholic lay person in good standing may read the First (Old Testament) or Second (New Testament) reading. The Holy Gospel is proclaimed only by a Priest or Deacon.

During the Easter Season two New Testament Readings are to be used, instead of one Old Testament and one New Testament reading. In lieu of the Old Testament reading, a reading from the Acts of the Apostles is to be chosen; the second reading can be one of the New Testament sections provided.

*From time to time we are asked if a non-Catholic or a non-Christian may serve as a scripture reader or present the General Intercessions at a Funeral Mass. The "Directory for the Application of Principles and Norms on Ecumenism," issued by the Pontifical Commission for Promoting Christian Unity on June 8, 1993 answers this question. Paragraph 133 of the Directory states "during a Eucharistic celebration in the Catholic Church" **the readings are to be proclaimed by a Catholic.** The Directory goes on, however, to allow that "on exceptional occasions and for a just cause, the Bishop of the diocese may permit a member of another church or ecclesial community to take on the task of reader."*

Old Testament Readings **(Select one Old Testament Reading)**

1. I Know That My Redeemer Lives: Job 19:1, 23-27

A reading from the Book of Job

Then Job answered and said: Oh, would that my words were written down! Would that they were inscribed in a record: that with an iron chisel and with lead they were cut in the rock forever! But as for me, I know that my Vindicator lives, and that he will at last stand forth upon the dust; whom I myself shall see: my own eyes, not another's, shall behold him, and from my flesh I shall see God; my inmost being is consumed with longing.

2. He Accepted Them As A Holocaust: Wisdom 3:1-9 or 3:1-6, 9

A reading from the Book of Wisdom

[long form]

But the souls of the just are in the hand of God, and no torment shall touch them. They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction and their going forth from us, utter destruction. But they are in peace. For if before men, indeed, they be punished, yet is their hope full of immortality; chastised a little, they shall be greatly blessed, because God tried them and found them worthy of himself. As gold in the furnace, he proved them, and as sacrificial offerings he took them to himself. In the time of their visitation they

shall shine, and shall dart about as sparks through stubble; they shall judge nations and rule over peoples, and the LORD shall be their King forever. Those who trust in him shall understand truth, and the faithful shall abide with him in love: Because grace and mercy are with his holy ones, and His care is with His elect.

OR
[short form]

But the souls of the just are in the hand of God, and no torment shall touch them. They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction and their going forth from us, utter destruction. But they are in peace. For if before men, indeed, they be punished, yet is their hope full of immortality; chastised a little, they shall be greatly blessed, because God tried them and found them worthy of himself. As gold in the furnace, he proved them, and as sacrificial offerings he took them to himself. Those who trust in him shall understand truth, and the faithful shall abide with him in love: Because grace and mercy are with his holy ones, and His care is with His elect.

3. A Blameless Life Is A Ripe Old Age: Wisdom 4:7-15

A reading from the Book of Wisdom

But the just man, though he die early, shall be at rest. For the age that is honorable comes not with the passing of time, nor can it be measured in terms of years. Rather, understanding is the hoary crown for men, and an unsullied life, the attainment of old age. He who pleased God was loved; he who lived among sinners was transported--snatched away, lest wickedness pervert his mind or deceit beguile his soul; for the witchery of paltry things obscures what is right and the whirl of desire transforms the innocent mind. Having become perfect in a short while, he reached the fullness of a long career; for his soul was pleasing to the LORD, therefore he sped him out of the midst of wickedness. But the people saw and did not understand, nor did they take this into account. Because grace and mercy are with his holy ones, and his care is with his elect.

4. The Lord God Will Destroy Death Forever: Isaiah 25: 6. 7-9

A reading from the Book of the prophet Isaiah

On this mountain the LORD of hosts will provide for all peoples. On this mountain he will destroy the veil that veils all peoples, the web that is woven over all nations; he will destroy death forever. The Lord GOD will wipe away the tears from all faces; the reproach of his people he will remove from the whole earth; for the LORD has spoken. On that day it will be said: "Behold our God, to whom we looked to save us! This is the LORD for whom we looked; let us rejoice and be glad that he has saved us!"

5. It Is Good To Wait In Silence For The Lord God To Save: Lamentations 3:17-26

A reading from the Book of Lamentations

My soul is deprived of peace, I have forgotten what happiness is; I tell myself my future is lost, all that I hoped for from the LORD. The thought of my homeless poverty is wormwood and gall; remembering it over and over leaves my soul downcast within me. But I will call this to mind, as my reason to have hope: the favors of the LORD are not exhausted, his mercies are not spent; they are renewed each morning, so great is his faithfulness. My portion is the LORD, says my soul; therefore will I hope in him. Good is the LORD to one who waits for him, to the soul that seeks him; it is good to hope in silence for the saving help of the LORD.

6. Of Those Who Lie Sleeping In The Dust Of The Earth Many Will Awake:

Daniel 12:1-3

A reading from the Book of the prophet Daniel

[I, Daniel, mourned and I heard this word of the Lord:] "At that time there shall arise Michael, the great prince, guardian of your people; It shall be a time unsurpassed in distress since nations

began until that time. At that time your people shall escape, everyone who is found written in the book. Many of those who sleep in the dust of the earth shall awake; some shall live forever, others shall be an everlasting horror and disgrace. But the wise shall shine brightly like the splendor of the firmament, and those who lead the many to justice shall be like the stars forever.

7. It Is Good And Holy To Think Of The Dead Rising Again: 2 Maccabees 12:43-46

A reading from the Second Book of Maccabees

Judas [the ruler of Israel] then took up a collection among all his soldiers, amounting to two thousand silver drachmas, which he sent to Jerusalem to provide for an expiatory sacrifice. In doing this he acted in a very excellent and noble way, inasmuch as he had the resurrection of the dead in view; for if he were not expecting the fallen to rise again, it would have been useless and foolish to pray for them in death. But if he did this with a view to the splendid reward that awaits those who had gone to rest in godliness, it was a holy and pious thought. Thus he made atonement for the dead that they might be freed from this sin.

FIRST READINGS DURING EASTER SEASON

EASTER SEASON 1 - A reading from the Acts of the Apostles 10:34-36, 42-43

Peter proceeded to speak, saying: "In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word that he sent to the children of Israel as he proclaimed peace through Jesus Christ, who is Lord of all. He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."

EASTER SEASON 2 - A reading from the Book of Revelation 14:13

I, John, heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," said the Spirit, "let them find rest from their labors, for their works accompany them."

EASTER SEASON 3 - A reading from the Book of Revelation 21:1-5a, 6b-7

I, John, saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. I heard a loud voice from the throne saying, "Behold, God's dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them as their God. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away." The One who sat on the throne said, "Behold, I make all things new." I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give a gift from the spring of life-giving water. The victor will inherit these gifts, and I shall be his God, and he will be my son."

New Testament Readings *(Select one New Testament Reading)*

1. God Has Appointed Jesus To Judge Everyone, Alive Or Dead:

Acts of the Apostles 10:34-43 or 10:34-36. 42-43

A reading from the Acts of the Apostles

[long form]

Peter proceeded to speak and said, "In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word (that) he sent to the Israelites as he proclaimed peace through Jesus Christ, who is Lord of all, what has happened all over Judea, beginning in Galilee after the baptism that John preached, how God

anointed Jesus of Nazareth with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil, for God was with him. We are witnesses of all that he did both in the country of the Jews and (in) Jerusalem. They put him to death by hanging him on a tree. This man God raised (on) the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."

OR

[short form]

Peter proceeded to speak and said, "In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word (that) he sent to the Israelites as he proclaimed peace through Jesus Christ, who is Lord of all, he commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."

2. Having Been Justified By His Blood, We Will Be Saved From God's Anger Through Him: Romans 5:1-11

A reading from the letter of Saint Paul to the Romans

Hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us. For Christ, while we were still helpless, yet died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us. How much more then, since we are now justified by his blood, will we be saved through him from the wrath. Indeed, if, while we were enemies, we were reconciled to God through the death of his Son, how much more, once reconciled, will we be saved by his life. Not only that, but we also boast of God through our Lord Jesus Christ, through whom we have now received reconciliation.

3. Where Sin Increased, There Grace Abounded All The More: Romans 5:17-21

A reading from the letter of Saint Paul to the Romans

For if, by the transgression of one person, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one person Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so through one righteous act acquittal and life came to all. For just as through the disobedience of one person the many were made sinners, so through the obedience of one the many will be made righteous. The law entered in so that transgression might increase but, where sin increased, grace overflowed all the more, so that, as sin reigned in death, grace also might reign through justification for eternal life through Jesus Christ our Lord.

4. Let Us Walk In Newness Of Life: Romans 6:3-9 or 6:3-4. 8-9

A reading from the letter of Saint Paul to the Romans

[long form]

Are you unaware that we who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life. For if we have grown into union with him through a death like his, we shall also be united with him in the resurrection. We know that our old self was crucified with him, so that our sinful body might be done away with, that we might no longer be in slavery to sin. For a dead person has been

absolved from sin. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him.

OR

[short form]

Are you unaware that we who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him.

5. We Groan While We Wait For The Redemption Of Our Bodies: Romans 8:14-23

A reading from the letter of Saint Paul to the Romans

For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, Father!" The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him. I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us. For creation awaits with eager expectation the revelation of the children of God; for creation was made subject to futility, not of its own accord but because of the one who subjected it, in hope that creation itself would be set free from slavery to corruption and share in the glorious freedom of the children of God. We know that all creation is groaning in labor pains even until now; and not only that, but we ourselves, who have the first fruits of the Spirit, we also groan within ourselves as we wait for adoption, the redemption of our bodies.

6. Who Can Ever Come Between Us and The Love Of Christ?:

Romans 8:31-35. 37-39

A reading from the letter of Saint Paul to the Romans

What then shall we say to this? If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? Who will bring a charge against God's chosen ones? It is God who acquits us. Who will condemn? It is Christ (Jesus) who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us. What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril or the sword? No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

7. Whether Alive Or Dead, We Belong To The Lord: Romans 14:7-9. 10-12

A reading from the letter of Paul to the Romans

None of us lives for oneself, and no one dies for oneself. For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord's. For this is why Christ died and came to life, that he might be Lord of both the dead and the living. For we shall all stand before the judgment seat of God; for it is written: "As I live, says the Lord, every knee shall bend before me, and every tongue shall give praise to God." So (then) each of us shall give an account of himself (to God).

8. All People Will Be Brought To Life Through Christ:

1 Corinthians 15:20-24. 25-28

A reading from the First Letter of Saint Paul to the Corinthians

But now Christ has been raised from the dead, the first fruits of those who have fallen asleep. For since death came through a human being, the resurrection of the dead came also through a human being. For just as in Adam all die, so too in Christ shall all be brought to life, but each one in proper order: Christ the first fruits; then, at his coming, those who belong to Christ; then comes the end, when he hands over the d and Father, when he has destroyed every sovereignty and every authority and power. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death, for "he subjected everything under his feet." But when it says that everything has been subjected, it is clear that it excludes the one who subjected everything to him. When everything is subjected to him, then the Son himself will (also) be subjected to the one who subjected everything to him, so that God may be all in all.

9. Death Is Swallowed Up In Victory: 1 Corinthians 15:51-57

A reading from the First Letter of Saint Paul to the Corinthians

Behold, I tell you a mystery. We shall not all fall asleep, but we will all be changed, in an instant, in the blink of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised incorruptible, and we shall be changed. For that which is corruptible must clothe itself with incorruptibility, and that which is mortal must clothe itself with immortality. And when this which is corruptible clothes itself with incorruptibility and this which is mortal clothes itself with immortality, then the word that is written shall come about: "Death is swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God who gives us the victory through our Lord Jesus Christ.

10. What Is Seen Is Transitory; What Is Unseen Is Eternal:

2 Corinthians 4:13 -5:1. 6-10

A reading from the Second Letter of Saint Paul to the Corinthians

We know that the one who raised the Lord Jesus will raise us also with Jesus and place us with you in his presence. Everything indeed is for you, so that the grace bestowed in abundance on more and more people may cause the thanksgiving to overflow for the glory of God. Therefore we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day. For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal. For we know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven.

11. We Have An Everlasting Home In Heaven: 2 Corinthians 5:1, 6-10

A reading from the Second Letter of Saint Paul to the Corinthians

For we know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven. So we are always courageous, although we know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yet we are courageous, and we would rather leave the body and go home to the Lord. Therefore, we aspire to please him, whether we are at home or away. For we must all appear before the judgment seat of Christ, so that each one may receive recompense, according to what he did in the body, whether good or evil.

12. Jesus Will Transfigure These Wretched Bodies Of Ours To Be Like His Glorious Body: Philippians 3:20-21

A reading from the letter of Saint Paul to the Philippians

But our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ. He will change our lowly body to conform with his glorified body by the power that enables him also to bring all things into subjection to himself.

13. We Shall Stay With The Lord For Ever: 1 Thessalonians 4:13-18

A reading from the First Letter of Saint Paul to the Thessalonians

We do not want you to be unaware, brothers, about those who have fallen asleep, so that you may not grieve like the rest, who have no hope. For if we believe that Jesus died and rose, so too will God, through Jesus, bring with him those who have fallen asleep. Indeed, we tell you this, on the word of the Lord, that we who are alive, who are left until the coming of the Lord, will surely not precede those who have fallen asleep. For the Lord himself, with a word of command, with the voice of an archangel and with the trumpet of God, will come down from heaven, and the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air. Thus we shall always be with the Lord. Therefore, console one another with these words.

14. If We Have Died With Him, Then We Shall Live With Him: 2 Timothy 2:8-13

A reading from the Second Letter of Saint Paul to Timothy

Remember Jesus Christ, raised from the dead, a descendant of David: such is my gospel, for which I am suffering, even to the point of chains, like a criminal. But the word of God is not chained. Therefore, I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Christ Jesus, together with eternal glory. This saying is trustworthy: If we have died with him we shall also live with him; if we persevere we shall also reign with him. But if we deny him he will deny us. If we are unfaithful he remains faithful, for he cannot deny himself.

15. We Shall See God As He Really Is: 1 John 3:1-2

A reading from the First Letter of Saint John

See what love the Father has bestowed on us that we may be called the children of God. Yet so we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we shall be has not yet been revealed. We do know that when it is revealed we shall be like him, for we shall see him as he is.

16. If We Have Passed From Death To Life, Because We Love Our Brothers And Sisters: 1 John 3:14-16

A reading from the First Letter of Saint John

We know that we have passed from death to life because we love our brothers. Whoever does not love remains in death. Everyone who hates his brother is a murderer, and you know that no murderer has eternal life remaining in him. The way we came to know love was that he laid down his life for us; so we ought to lay down our lives for our brothers.

17. Happy Are Those Who Die In The Lord: Revelation 14:13

A reading from the Book of Revelation

I, John, heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," said the Spirit, "let them find rest from their labors, for their works accompany them."

18. The Dead Have Been Judged According To Their Works: Revelation 20:11-21:1

A reading from the Book of Revelation

I, John, saw a large white throne and the one who was sitting on it. The earth and the sky fled from his presence and there was no place for them. I saw the dead, the great and the lowly, standing before the throne, and scrolls were opened. Then another scroll was opened, the book

of life. The dead were judged according to their deeds, by what was written in the scrolls. The sea gave up its dead; then Death and Hades gave up their dead. All the dead were judged according to their deeds. Then Death and Hades were thrown into the pool of fire. (This pool of fire is the second death.) Anyone whose name was not found written in the book of life was thrown into the pool of fire. Then I saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband.

19. There Will Be No More Death: Revelation 21:1-5. 6-7

A reading from the Book of Revelation

I, John, saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. I heard a loud voice from the throne saying, "Behold, God's dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them (as their God). He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, (for) the old order has passed away." The one who sat on the throne said, "Behold, I make all things new. I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give a gift from the spring of life-giving water. The victor will inherit these gifts, and I shall be his God, and he will be my son."

Holy Gospel

(Selected by the priest and is proclaimed by the priest or deacon)

Appropriate Hymns for Mass of Christian Burial

Hymns, songs and music serve an important part in Catholic liturgy, worship and devotional life. There are five hymns that may be chosen from a wide variety of choices, keeping in mind the sacredness and solemnity of the sacred rites.

1. Entrance Hymn
2. Song during the Preparation of the Gifts
3. Communion Hymn
4. Meditation (Optional)
5. Recessional

Below are a number of suggested hymns. Some hymns may be more appropriate for particular parts of the Mass, such as Communion.

Because the Mass is a sacred prayer and directed towards God, under no circumstances is secular music permitted.

Sacred Music Planning

Processional Hymn

- * Alleluia! Sing to Jesus #426
- Be Not Afraid #450
- * Alleluia! Alleluia #424
- I Heard the Voice of Jesus #572
- Crown with Many Crowns #499
- O God Our Help in Ages Past # 661
- Love Divine, All Love's Excelling #627
- Lord Of All Hopefulness #622
- Jerusalem, My Happy Home #587

Offertory Hymn

- Prayer of St. Francis #724
- On Eagle's Wings #698
- The King of Love My Shepherd Is #784
- Amazing Grace #430
- Sing of Mary #748
- How Great Thou Art #569
- Guide Me, O Thou Great Redeemer #547
- Abide With Me #402
- Be Still My Soul #451

Communion Hymn

- Lord, Who At Thy First Eucharist #624
- Gift of Finest Wheat #528
- O Lord, I Am Not Worthy #672
- Father, We Thank Thee #521
- Jesus, My Lord, My God, My All #593
- O Jesus, We Adore Thee #667

Meditation Hymn (Choir)

- Ave Maria
- Irish Blessing
- Panis Angelicus
- Jesu, Joy of Our Desiring

Recessional Hymn

- *Ye Watchers and Ye Holy Ones #838
- *For All The Saints #523
- To Jesus Christ, Our Sovereign #800
- *The Strife is O'er #787
- How Great Thou Art #569
- There's A Wideness in God's Mercy #791
- *Alleluia! Sing to Jesus #426
- Holy God, We Praise Thy Name #561

*These hymns cannot be used during Lent in order to preserve its penitential nature.

Funeral Luncheon

As a part of our parish commitment to serve one another, it would be our honor to provide a meal for you and your family and friends in the undercroft following the funeral liturgy. Please inform the parish office or the celebrant of the funeral liturgy if this is something that might be of help during this difficult time. We ask that you also provide an approximate number of guests. Know that you and your family are in our prayers.

If you have any questions you may contact one of the following St. Catharine Bereavement Committee members:

Jane Prunte ~ 614.506.3320

Kathleen MacKinnon ~ 614.208.5284

Guidelines for Receiving Holy Communion

US Conference of Catholic Bishops

For Catholics

As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (canon 916). A frequent reception of the Sacrament of Penance is encouraged for all.

For our fellow Christians

We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ's prayer for us "that they may all be one" (Jn 17:21). Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (canon 844 § 4). Members of the Orthodox Churches, the Assyrian Church of the East, and the Polish National Catholic Church are urged to respect the discipline of their own Churches. According to Roman Catholic discipline, the Code of Canon Law does not object to the reception of communion by Christians of these Churches (canon 844 § 3).

For those not receiving Holy Communion

All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another.