



*Thirty-third Sunday in
Ordinary Time*

November 19, 2006

*"But of that day or hour, no one knows, neither the
angels in heaven, nor the Son, but only the Father."
Mark 13: 32*

GIVING ALL

Trusting widows play a significant role in this weekend's readings. At the point of poverty, when giving even the smallest amount of what they had could imperil their health and well-being, they trusted God and gave anyway. What is important about their giving is not what or how much they gave, but how they gave it. Without selfishness, they gave to help others. Their giving was from the heart, with little hope or intention of receiving any sort of reward or recognition for their generosity. The monetary values of the widows' gifts were small, but their value measured in the Kingdom was priceless.

There is a significant similarity between their gift and the gift Jesus gave each of us. The widows offered their lives for God. Jesus offered his life for us.

ENTREGA TOTAL

Las viudas confiadas juegan un importante papel en las lecturas de esta semana. Aunque eran pobres y el dar aún algo bien pequeño podría poner en peligro su salud y bienestar, confiaban en Dios y daban lo que podían. Lo que es importante sobre sus donativos no es la cantidad que daban, sino que daban algo. Sin egoísmo, daban para ayudar a otros. Su dar salía del corazón, con poca esperanza o intención de recibir algún premio o reconocimiento por su generosidad. El valor monetario de los dones de las viudas eran pequeños, pero su valor en la medida del Reino era inestimable.

Hay una gran semejanza entre su regalo y el regalo que Jesús ha dado a cada uno de nosotros. Las viudas ofrecieron sus vidas a Dios. Jesús ofreció su vida por nosotros.

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Greetings in the Lord,

Our Notre Dame Faith Community is truly blessed with many riches, gifts of Time, Talent, and Treasure that we are called upon to share with those around us. Last week we were blessed by being able to give our best for the benefit of our church. Our youth will help today to make us aware of how we can help each other.

Our gospel readings express "HOPE" in times of fear, trouble and humiliation. Let us prepare for our eternal home in heaven by sharing ourselves, giving of our time and help to the needy at this Thanksgiving time. Our parish will have its first "Thanksgiving Dinner" on November 23, 2006 from 11am until 2pm in the Social Center. Let us give HOPE to those in our faith community by volunteering to help. Please call (830) 257-5961 to share your donations of time, food, money, or presence. This is another way we can give hope to those around us, in spite of all the doom and gloom. Let us look up to the heavens, to prepare ourselves for our eternal home!

Thank you for your donations toward the St. Vincent de Paul Society, who minister to many in Kerr County. May God continue to bless their efforts.

The priests of the Archdiocese of San Antonio will gather this coming week for the annual priest convocation. Please offer your prayerful support for the priests in the Archdiocese in the coming days. Please note the Mass schedule, there will be no Mass on Tuesday and Wednesday, November 21 & 22, 2006. We will be celebrating Communion Services on those days.

Thank you for the great response to our Stewardship Campaign. If you have not turned in your Stewardship form, you may either place it in the collection basket or mail it in to the Pastoral Center at 909 Main Street. Kerrville, TX 78028.

Yours in Christ,

Fr. Michael Peinemann



Altar Servers



Lectors



Extraordinary Mins.



Greeters



Bread Bakers

Saturday, Nov 25	MC-Andrea Wahrmund	Jacqueline Messina	D	A	Chris Pankratz
5:00 pm	C-Christopher Wahrmund	Rosiland Dickerson			
	CB-Diana Wahrmund				
	CB-Jordan Kleypas				
Sunday, Nov 26	MC-Hanna Schwarz	Lois Pritchard	C	A	Robert Samarripa
8:00 am	C-Stephen Schwarz	Patsy Houston			
	CB-Christopher Schwarz				
	CB-Micheal Schwarz				
Sunday, Nov 26	MC-John Dean Domingue	Irma Fuentes	D	B	Lollie Montes de Oca
9:30 am	C-Candace Rodriguez	Terry Raney			
	CB-Emily Perkins				
	CB-Elise Rodriguez				
Sunday, Nov 26	MC-Matt Hensley	Kay Graham-Gilbert	C	E	Rosie Nombrano
11:00 am	C-Christopher Hensley	Betsy Wogan			
	CB-Emily Hensley				
	CB-Ryan Dolan				



Pray for ...

Mary Jane Viebag, Harry Winslow, Jim Wren, Grace Kieberger, Benita Garcia, Frances Vlasek, Irene Peters, Desmond Jones, Gregoria Jureczki, Sharon Schieffen, Maria Murphy, Maria Nowak, Lupe Gonzales, San Juanita San Miguel, Michelle Mann, Mary Tinch, Erasto Ayala, John Aleman, Edward Jakovich, Donnie Couch, Jeanette Bell, Jean Michel Duval, Henrietta and James Bennet, Dorothy Fitzsimmons, Veronica Jansen, Irwin Schilhab, Guadalupe Pena, Aladino Calderon, Lillian Dworaczyk, Robert L. Brantley, Ricardo Chapa, Susie Fenner, Matilda Newsom, Jesse Avila, Wilmer Carroll, Joanne Park, Carmen Pena, Pedro Rangel, Benito Perez, Victoria Tyburski, Coleman Nelson, Chris Dionne, Catalina Piedra, Denise Wright, Alice Ferguson, Arturo Pruneda, Emilio Zamora, Lilia Castillo, Mary Ann Vlasek, Richard Flores, Dr. Edward Prejean, Martha Shankle, Carolyn Huerta, Norman Jackson, Concepcion Gonzales, Isabel Lopez, John L Rico, Rita Currier, Faye Gibson, Josephine Fritz, Arnulfo Valenzuela, Terry Trauth, Walter Schattel, Jlonia Fritz, Maria Stout, Robert Chesi, Barbara Watson, Alonzo Wahrmund, Alice Stone, Sigrid Lathrop, Stephanie Neill, Marge Nickelson and all the sick of our parish family and friends.

Weekly Collections

November 11 & 12, 2006

Envelopes/Loose Checks	\$15,458.15
Loose Cash	<u>1,880.97</u>
Total	\$17,339.12
Average this month	\$20,100.45
Avg. Needed Each Week	\$18,400.00
School	\$386.00
All Saints/ Souls	\$15.00
Women's Retreat	\$85.00
Imm. Con/Solemnity	\$20.00
Campaign or Human Dev.	\$40.00
Note Balance as of October 31, 2006	\$402,722.92

Mass Schedule

Monday, November 20

Weekday

Rv 1: 1-4; 2: 1-5; Lk 18: 35-43

7:00 am †Francisco Trevino
St. Vincent de Paul

7:00 pm Feast of Life Celebration

Tuesday, November 21

Presentation of the Blessed Virgin Mary

Rv 3: 1-6, 14-22; Lk 19: 1-10

12:00 pm Communion Service

Wednesday, November 22

Cecilia, virgin, martyr

Rv 4: 1-11; Lk 19: 11-28

8:05 am Thanksgiving Prayer Service

12:00 pm Communion Service

Thursday, November 23

Thanksgiving Day

Rv 5: 1-10; Lk 19: 41-44

9:00 am †Maria Torres
Torres Family

Friday, November 24

Andrew Dung Lac, priest, & companions, martyrs

Rv 10: 8-11; Lk 19: 45-48

7:00 am †Raquel Vergara
Vergara Family

Saturday, November 25

Vigil: Christ the King

Dn 7: 13-14; Rv 1: 5-8; Jn 18: 33b-37

2:00 pm Gonzalez 25th yr Wedding Anniv.

5:00 pm †Michael Kline
Patricia & Larrie Knudsen

Sunday, November 26

Christ the King

Dn 7: 13-14; Rv 1: 5-8; Jn 18: 33b-37

8:00 am †Filomeno Trevino
St. Vincent de Paul

9:30 am People of the Parish

11:00 am †Jesus Colmenares
Diana Cheney

Bulletin Deadline

Items to be posted in next week's bulletin need to be received in the Pastoral Center by Monday at 5:00 pm. All items received after 5:00 pm deadline will run the following week. You may email the item to ndparish@kctc.com. THANK YOU!!!!

THIS WEEK IN THE PARISH

Monday, November 20

Exposition of the Blessed Sacrament-7:30 am-

Men's ACTS- 6:00 pm-Kemper Hall Rm 205

Boy Scouts - 7:00 pm - Gymnasium

Cub Scouts - 7:00 pm - Gymnasium

Cursillos - 7:00 pm - Fireplace Room

Tuesday, November 21

Bible Study- 10:30 am- Family Life Center

Lector Practice - 6:00 pm - Church

RCIA - 6:30 pm - Fireplace Room & Kemper Hall Rms

Choir- 7:00 pm- Church

Spanish Choir Practice - 7:15 pm-Kemper Hall-Rm 209

Wednesday, November 22

Thursday, November 23

Thanksgiving Dinner-11:00 am-2:00 pm- Social Center

Friday, November 24

Saturday, November 25

Benediction-11:30 am- Church

Reconciliation - 4:00 pm - 4:45 pm

Child Care - 4:45 pm - 6:00 pm - Nursery - Kemper Hall

Sunday, November 26

Child Care - 9:15 am - 11:00 am- Nursery - Kemper Hall

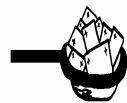


*The Sanctuary Lamp will
burn this week in
memory of
Fred Cervantes*

*By
Helen Cervantes & Family*

*****Second Collection*****

SUNDAY OFFERING



The Second Collection next **Sunday, November 25 & 26, 2006** will be for **Christian Assistance Ministry!**

Please be generous!

Thanksgiving Holidays!!

The Pastoral Center will be **closed** on
**Thursday, November 23 and
Friday, November 24, 2006**

Happy Thanksgiving!

Notre Dame School Cash Cards

When you are putting together your end of the year donations, please consider using Cash Cards for your gift. When you are giving to the Thanksgiving meal the Calderon family is coordinating, why not give a Cash Card? If you are giving to a charity that provides Christmas gifts to families, why not give a Cash Card? If you are giving to St. Vincent's De Paul, why not donate a Cash Card?



**Please consider this option. It helps your charity,
and Notre Dame School at the same time**

The Cash Cards are available at:
School Office - Monday thru Friday 7:30 am -3:30 pm
After each Mass on the weekends!

Cash Corner

Total Sales Last Week **\$4,970.00**

Total profit for the Week **\$250.10**

Total school year profit to date ***\$6,660.18**

***School Year is 07/01/06 through 06/30/07**



**THANK YOU!
MUCHAS GRACIAS!**

The Women of Notre Dame thank everyone who supported our "Cooking with Carole" fundraiser by purchasing tickets and attending, by cooking, decorating, selling tickets, serving at table, baking, preparing the printed recipes, donating plants and decorations, setting up tables and chairs, and cleaning up. Everyone pulled together from high school age to retirees.

Special thanks to Carole Curry, our presenter and her son, John, who donated their time and talents so generously and to Clarice Stauble who planned and directed the entire effort!

To the Faith Community of Notre Dame,

You have been in my thoughts and prayers over these last months, and Fr. Mike graciously allowed me to write these few words to you. Fr. Robbins and I continue to minister with the communities of Good Shepherd in Schertz and Immaculate Conception in Marion. My family and I have had to make some difficult decisions regarding the care of my parents. My mother's health has become more fragile and we have placed her in a nursing and rehab center in Victoria, while my dad remains at home' with the assistance of a nurse. We were recently blessed to celebrate their 65th wedding anniversary with them, a day that my family will remember forever.

Congratulations to Suzanne and Jimmy Perkins and to Brenda and Kyle Kleypas for their leadership in this year's festival. I am personally grateful for your commitment.

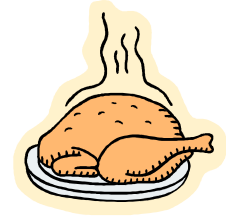
May the Thanksgiving Holiday be a blessed day for you and your loved ones. My prayers are with all of you.

Blessings,

Fr. Greg Nevlud

**FIRST ANNUAL
THANKSGIVING DINNER**

---If you, or a family you know, will be alone this Thanksgiving,
this is a special invitation just for you. ---



The Calderon Family, together with help from the Notre Dame Parish Family, will serve a Thanksgiving Dinner from 11 am until 2:00 pm on **Thursday, November 23**, in the Social Center. If you plan to attend, please make your reservations by **Tuesday, November 21**, by calling the Pastoral Center at 257-5961

To the parish family: you can help feed the needy through donations of money and/or turkeys, canned cranberries, canned green beans, and desserts. Call for Lisa at the Pastoral Center if you can help.

Thanksgiving Mass

Our traditional Thanksgiving Mass will be at **9:00 am on Thursday, November 23, 2006**. Let us join in this special celebration of thanks for the wonders our God has given us. Please come and join us.

Thanksgiving Prayer

God most provident, we join all creation in raising to you a hymn of thanksgiving through Jesus Christ your Son.

For generation upon generation people of this land have sung of your bounty: we too offer you praise for the rich harvest we have received at your hands.

Bless us and this food which we share with grateful hearts.

Continue to make our land fruitful and let our love for you be seen in our pursuit of peace and justice and in our generous response to those in need.

Praise and glory to you, Lord God, now and forever. Amen.



**Please join us at the Feast of Life:
A Celebration in Song of
The Gospel of Luke
on
Monday, November 20, 2006
7:00 pm
at Notre Dame Church**

MORNING PRAYER

During Advent of this year, and prior to the 7 a.m. Masses on Mondays and Fridays, we will begin the tradition of praying Morning Prayer. This is a part of the Liturgy of the Hours, the official public prayer of the Church. It is a prayer of the entire People of God, and this hour's formal prayer is to sanctify the entire day. "It becomes a complement to the Eucharistic Sacrifice in order to bring about a fullness of Divine Worship, which overflows into all hours of daily living". (Dictionary of the Liturgy, Catholic Book Publishing Co.) You are invited to join others at **6:30 am** on those two days to enter into the Church's prayer before Mass at 7:00 a.m. The dates are: **December 4th, 8th, 11th, 15th, 18th, and 22nd**.



*With Praise and Thanksgiving to Almighty God,
the Archdiocese of San Antonio
requests your presence at San Fernando Cathedral
on December 2, 2006,
at 10:00 in the morning.*

The Most Reverend Jose H. Gomez, S.T.D.

*Archbishop of San Antonio
through the laying on of hands
and the invocation of the Holy Spirit,
will ordain*

Edwin Vigil

to the Sacred Order of Deacon.

San Antonio, Texas.

0570

*Con gozo y en Acción de Gracias a Dios Todopoderoso,
la Arquidiócesis de San Antonio
se complace en invitarlos a la Catedral de San Fernando
el día 2 de Diciembre del 2006,
a las 10:00 de la mañana.*

El Excelentísimo Sr. D. José H. Gómez, S.T.D.

*Arzobispo de San Antonio
a través de la imposición de manos
y la invocación del Espíritu Santo
conferirá a*

Edwin Vigil

el Sagrado Orden del Diaconado.

San Antonio, Texas

0570



We apologize to all the people inconvenienced on 10 and 11 November whose portrait appointments were canceled. The cancellations were necessary due to the illness of one of the photographers. ALL PEOPLE/FAMILIES inconvenienced by cancellation are eligible to receive a FREE \$25.00 PACKET OF WALLET SIZE PORTRAITS. Please indicate to the PHOTO CONSULTANT when you have your portrait taken that you are eligible for the FREE WALLET SIZE PACKET.

We have extended the portrait appointment schedule to 21 November. This is the LAST DAY portraits will be taken at Notre Dame. After that you can sign up online at: kfumc.org (Kerrville First United Methodist Church) until 9 December and still receive a FREE PORTRAIT and a FREE NOTRE DAME DIRECTORY.

† Buddy/Lynn Andrews 792-5227

Parishioners who would like to consider Notre Dame School in their estate planning are encouraged to contact the Church or School Office for more information. Your planned gift can make a difference in our school.

CAFE

Catholic Adult Faith Enrichment

What
is
wisdom?



Sunday Dec. 3
9:30 - 10:45 am
School Library Kemper Hall

THE LAST STOP ON
A Tour Through the
Old Testament
Job, Ecclesiastes, Sirach,
Wisdom of Solomon, Song of
Songs and Psalms of wisdom,
Proverbs
Discussion questions are
available in the Book Rack in
the Narthex

For more information call
Carol Aceti at 257-1432

DANCERS

If you would like your child to dance at our Mass for Our Lady of Guadalupe, we will be meeting in the Church on November 19 & 26 and December 10, 2006 at 5:30 pm. For more information call Isabel Lopez at 792-5309.

Bailadoras

Si ueste quisiera que su niña baile en la Misa de Nuestra Señora de Guadalupe por favor acompáñenos los días 19 y 26 de noviembre y 10 de diciembre de 2006, a las 5:30 pm en la Iglesia. Para mas información llame a Isabel López al numero 792-5309.

****ATTENTION ***ATTENTION****

**Mandatory Safe Environment
Training scheduled for all catechists.**

Thursday, Nov. 30th 2006

6:30pm to 8:30pm

Fireplace Room

Facilitator :
Martin E. Garcia, MA, LCDC, SEC

Prepare The Way of the Lord!!

Advent Mission 2006
Monday, December 4, 2006
At 6:00 pm
Notre Dame Church

Our guest speaker will be
Rev. George T. Montague, S.M., S.TH.D

Rev. GEORGE T. MONTAGUE, S.M. (Marianist) was born on a ranch near Bandera, Texas, where he was reared, while attending St. Joseph's School in Bandera, St. Mary's Parochial School in San Antonio, and Central Catholic High School in San Antonio. He entered the Marianists in Kirkwood, Missouri, and he professed his first vows as a Marianist in Galesville, Wisconsin.

Fr. Montague pursued theological studies at the University of Fribourg. Ordained a priest in 1958, he received his Licentiate in Sacred Theology in 1959 and his Doctorate in Sacred Theology (S.T.D.) in 1960. He currently teaches theology at St. Mary's University in San Antonio.

Lectures, conferences, retreat tours and missionary work have taken him to six continents. He has given conferences in English, Spanish and French. He has also given Scripture teachings on the internationally televised programs, *The Way Home*, *Living His Life Abundantly*, and *The Choices We Face* (aired on EWTN in the United States), as well as locally in the San Antonio area.

God is constantly offering abundant blessing, but our receiving, and appreciation, and our gratitude in response are a necessary part of what makes the blessing fully happen.

St. Vincent de Paul

1145 Broadway Kerrville, Texas

Come by and visit the SVDP operation at 1145 Broadway. Take a tour and see a growing, living ministry.

896-6898 MWF 10 am to 4 pm

October Activity

- * Provided 5268 meals
- * Provided \$15,980 in Financial Assistance
- * Over 2142 volunteer hours.

We wish to thank the **ExxonMobil Foundation Volunteer Involvement Program** once again for their generous gift to our organization. **Charles and Betty Pflum** are two of our volunteers. Because Charles is a former employee they are eligible for gifts based on their hours spent as volunteers for us. Thanks to Charlie and Betty for their dedicated service.

Our thanks goes to **Schreiner University** and their **SEDEXHO** group for their generous gift of food for our food pantry.

**VOLUNTEERS NEEDED !!!
NO EXPERIENCE
NECESSARY!**

In many families the grandparent-grandchild bond has been second only to the parent-child bond both in its strength and lasting significance. We see this in those receiving food from our food pantry, and we have a lot of respect for the grandparents.

**FOR SALE
IN OUR WAREHOUSE
two hospital beds
mechanical wheelchair**

"HELP US HELP OTHERS"

The Notre Dame Family Giving Tree

During the Advent Season, we begin a journey of joyous anticipation, penance, and preparation for the Birth of Christ. As has been announced in the Church Bulletin for the past few weeks, our Parish will be continuing our Advent tradition of ministering to the poor through the Notre Dame Family Giving Tree. This will allow our parishioners to experience the true meaning of Christmas by bringing happiness, relief, and Jesus' love to the less fortunate in our community.

Perhaps you never thought about it or don't frequently think about it, but there are people in our very community who will be too worried about how they will put food on the table or pay the light/heating bills to think about Christmas for their children. We are being given an opportunity to help families who have experienced job loss, death, severe illness, abuse in various forms, abandonment, or even a combination of these hardships. Seventy-five families have been identified by our St. Vincent de Paul Society, using poverty guidelines, for inclusion on the parish Family Giving Tree.

By selecting an ornament from the Jesse Tree in the Narthex, you will be committing yourself and your family to provide a positive Christmas experience to a less fortunate family. You will be participating in a **celebration of sharing and a ministry of love!** How often do we accept the challenge to be someone's "Angel" and experience such a very special blessing?

The ornaments indicate only basic information, such as size of the family and the number of children, as an aid in making a selection within your means. Due to the need for confidentiality, specific information on the selected family (including names, address, telephone number, and gift ideas) must be obtained from the Pastoral Center Office at 909 Main Street, Kerrville, telephone # 257-5961 during regular business hours on Monday through Friday. Please note the office is closed for lunch between 12 Noon and 1:00 PM.

Continued on Next Page

We urge you to establish or continue this as an Advent tradition for your family. Make it a family experience by shopping for, wrapping, delivering and praying for the recipient family together. Involving your children in this experience is a wonderful way to nurture them into loving and giving adults. Please remember that a successful Family Giving Tree experience hinges on two activities - giving gifts and comfort to families who are in need and more importantly, sharing God's love with them!

Family Giving Tree Questions and Answers

How much money should I spend on gifts?

Spend the amount that you feel is appropriate, keeping in mind that your gifts may be all that the recipient will receive during the holidays. All gifts should be new - no used items, please.

How do I know what this family needs or wants for Christmas?

Gift ideas are included on the family's application. If you wish to make direct contact with the family to clarify these suggestions, please feel free to do so. If you want the recipient to be able to make their own selections, it would certainly be acceptable to give a gift card or gift certificate. If you choose to give a gift card, please make sure it is to a local store. Also, if clothing is the requested gift and you plan to give a gift card or gift certificate, you are encouraged to get it for a clothing store, such as JC Penney, Beall's, Schreiners, or Belk, to assure it is more likely to be used for the intended purpose.

How and when will the recipient families receive their gifts?

As the giving family, you may either directly deliver the gifts to the receiving family or bring them to Mass on the third weekend of Advent (December 16th and 17th) and place them under the Jesse Tree in the Narthex for the St. Vincent de Paul Society to deliver. If you decide to deliver the gifts directly, you are urged to call ahead to make mutually convenient arrangements during a very busy time for all.

What else should I be doing for a recipient family?

In addition to providing gifts for child, age 12 and under, the family, you are encouraged, if your means allow, to provide food (or the meat, such as a turkey, ham, or roast) for their Christmas meal or a gift certificate for a grocery store or restaurant. It would certainly be appropriate to give a tin of your home-made Christmas cookies or candy. Consider inviting the receiving family to Mass with you and whatever else you choose to do. *It is always appropriate to remember them in your prayers.*

What can I do if I do not feel that I have sufficient means to "adopt" a needy family from the Giving Tree?

Many options remain for you to help:

- Consider joining forces with other parishioners and adopt a star as a group effort. This will allow you to participate while sharing the expense.
- Make a financial, food, or toy contribution to our local St. Vincent de Paul Society. Any financial donation can be placed in the collection basket at Mass, but should be clearly marked as intended for the Christmas Assistance Program.
- If you are not able to participate at all because of financial limitations, consider giving the gift of time. Volunteers are always needed at the St. Vincent de Paul Society and will be especially needed the week before Christmas as we sort, group gifts for families not covered by the Family Giving Tree, and arrange deliveries of the gifts. Call St. Vincent's at 896-6898 to obtain specific information about times and duties.



Baked Bread

Paul Turner



As a wag has said, it's easier to believe that bread really becomes the body of Christ than it is to believe that the host is really bread.

The bread of the Eucharist traditionally takes the form of hosts, but some Catholic communities bake their own communion bread. The practice fulfills an instruction for the Mass that the bread "must be recently baked" and "that the material for the Eucharistic celebration truly have the appearance of food" (General Instruction of the Roman Missal 320, 321). Authenticity for this most central sign requires that the bread look like genuine food to be broken and shared by the faithful.

Baked bread makes the symbolic connection to the food of the Last Supper. Jesus took the ordinary substances of his dinner table and transformed them into his own body and blood. When the bread offered at Mass more nearly resembles ordinary bread, the full impact of the miracle sinks in. The eternal Son of God becomes truly present to us under the form of the simplest of substances.

Baked bread allows a local community to offer its own gifts for the Eucharist. It also permits a more dignified ritual of breaking the bread during the Lamb of God. The early church referred to the Eucharist as "the breaking of the bread" to stress readiness for sacrifice and the unity of the faithful.

According to the tradition of the Roman Catholic Church, Eucharistic bread is unleavened, made from wheat flour and water.

When baked by the local community, care should be taken that the bread not be underdone nor baked too hard. If reserved in the tabernacle after Mass, it should be consumed before spoiling or turning brittle.

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The Cup

Paul Turner



Some of the newest words in the Mass are addressed to communicants when they hear, "The Blood of Christ."

Most Catholics grew up receiving communion under one form. Many of them continue this practice although the cup is offered on many more occasions. The presentation of the cup has not yet been received with the enthusiasm reserved for the Sacred Host. Yet, the Order of Mass encourages us: "Holy Communion has a fuller form as a sign when it is distributed under both kinds. For in this form the sign of the Eucharistic banquet is more clearly evident and clear expression is given to the divine will by which the new and eternal Covenant is ratified in the Blood of the Lord, as also the relationship between the Eucharistic banquet and the eschatological banquet in the Father's Kingdom."

At the beginning, of course, sharing the Body and Blood of the Lord was common. Eucharist evolved from the meal traditions of the people. Abstaining from the cup would have been as strange as not taking any drink with the evening meal.

During the middle ages, the sharing of the cup became less frequent. When heretics began denying the real presence of Christ in the Eucharist, devotion became stricter. People gradually felt unworthy to receive communion and left that to the clergy. The fear of spilling the cup, the simplicity of not offering it, and the danger of spreading disease all contributed to the practice of giving communion under one form only when people chose to receive. Because we have always believed Christ was present in the host as well as the cup, people reasoned they did not need both for the true experience of communion.

However, today we think twice about this minimalism. Although Christ is truly present in either the bread or the wine, a fuller light shines on the Eucharistic banquet when we take both.

When drinking from the cup, first say "Amen" to the minister, in a sincere tone that reveals your faith in the blood of Christ before you. Then receive the cup with both hands, and take a drink. A good sip. Somewhere between wetting the lips and swallowing hard. Enjoy the full symbol of the Eucharistic banquet with reverence and delight.

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