

**WHY WE MAY RECEIVE OUR LORD IN HOLY COMMUNION 'SIDE BY SIDE' ALONG THE ALTAR STEP AND AT THE COMMUNION RAIL / KNEELER:**

- 1) So that those who may wish to Receive Our Lord in Holy Communion **kneeling**, may do so.

The General Instruction in the Roman Missal says the following:

“160. The Priest then takes the paten or ciborium and approaches the communicants, **who usually come up in procession.** [...] **In the dioceses of England and Wales Holy Communion is to be received standing, though individual members of the faithful may choose to receive Communion while kneeling. However, when they communicate standing, it is recommended that the faithful bow in reverence before receiving the Sacrament.**”

161. If Communion is given only under the species of bread, the Priest raises the host slightly and shows it to each, saying, **The Body of Christ.** The communicant replies, **Amen**, and **receives the Sacrament either on the tongue or, where this is allowed, in the hand, the choice lying with the communicant. As soon as the communicant receives the host, he or she consumes the whole of it.**”

And so, you have a greater choice: **to kneel**, or **to stand**, **to receive the Sacrament either 'on the tongue', or 'in the hand', as is allowed in England and Wales.**

**If you choose to kneel, you have something to support you.**

**If you choose to kneel, you are given a gesture of reverence.**

**If you are standing, it is recommended you bow in reverence before receiving Holy Communion.**

**Please consume The Sacrament before turning to return to your place.**

- 2) It is also easier to bring Our Lord to those who are ready, settled and waiting to receive Him, and Families can be, kneeling or standing, together, rather than coming forward 'one by one' in a line.
- 3) The practice of 'Blessings' for Non-Communicants is not addressed by the General Instruction and the practice offering any 'Blessings' in the Presence of the Most Holy Sacrament was not permitted in any Liturgical Rites, and so your Priest has reverted to the traditional 'Blessing' with the Most Holy Sacrament, a 'Benediction' with the Most Holy Sacrament.

All 'change' can be difficult. This is an encouragement to go 'back to the future' and with our bodies, in so far as we are able, proclaim our belief in the 'Real Presence' of Our Lord Jesus in Holy Communion.

Thank you for your patience and understanding, *Fr David.*

**September Supplement to  
St Mary of the Crays,  
Crayford, Newsletter.**

**+ J. M. J. +**

**(+ Jesus, Mary and Joseph +)**



**OUR LADY OF WALSINGHAM  
Pray for us.**

The 24th September is the feast of Our Lady of Walsingham, Norfolk, England's Nazareth.

In 1061 Our Lady appeared in to the Lady of the Manor, Richeldis de Faverches, and asked her to have a replica of the Holy House of the Annunciation in Nazareth built on her estate. When the Holy House was completed, Walsingham became the fourth great Pilgrim Shrine in the world after Jerusalem, Rome, and Santiago de Compostela.

The Shrine was destroyed in the

time of King Henry VIII in 1538, but restoration began in 1897 by the Guild of Our Lady of Ransom. *(The Ransomers used to ransom slaves, in order to buy their freedom.)*

When Pope Leo XII blessed the Statue of Our Lady of Walsingham he stated:

*'When England goes back to Walsingham, Our Lady will come back to Walsingham.'*

England had been given to Our Lady in 1381 by King Richard II as her 'Dowry'. He did this in Westminster Abbey near the shrine of St Edward the Confessor, who had first offered England to Mary in his reign back in 1061.

The picture: *'The Wilton Diptych'* portrays King Richard II giving England to our Mother Mary.



**'THIS IS YOUR DOWRY, HOLY VIRGIN'.**

**Please pray today for the Conversion of this Land to 'SEEK THE LORD WHILE HE IS STILL TO BE FOUND.'**



## **OUR LADY OF LA SALETTE,**

appeared to two young people, Maximin and Melanie, in the French Alps on **19th September 1846.** (That was 4 years after this Parish of St Mary's was founded). She was weeping. After saying to them:

**'Do not be afraid',**

Our Mother began:

**'If my people will not submit, I shall be forced to let fall then arm of my Son. It is so strong, so heavy, that I can no longer withhold it. For how long a time do I suffer for you! If you would not**

**have my Son abandon you, I am compelled to pray to Him without ceasing; and as to you, you take no heed of it.'**

So, Our Mother tells us that God is just and judgemental. God can be, and is, 'offended'. As any Mother, Mary seeks to defend us.

### **REVERENCE FOR SUNDAY:**

**'Six days I have given you to labour, the seventh I have kept for myself; and they will not give it to me. It is this which makes the arm of my Son so heavy ... There are none who go to Mass except a few aged women. The rest work on Sunday all summer; then in the winter, when they know not what to do, they go to Mass only to mock at religion. During Lent, they go to the meat market like dogs.'**

Sunday, then as now, was not 'kept holy' by worshipping and thanking God for all that we have and are. Now we shop and do sports, or maybe choose to work, rather than 'Trust in the Lord'.

### **SWEARING:**

**'Those who drive the carts cannot swear without introducing the Name of my Son. These are two of things which make the arm of my Son so heavy'.**

How true is that of 'Road Rage' today and other complaints or anger we may express against those around us?



Our Mother reminded us about the first three Commandments of the Decalogue:

- 1) **'You shall have no other gods before Me'.**  
(Idolatry: of work, entertainment, social media, sport, or anything else that might keep us from 'seek(ing) the LORD He is still to be found, call(ing) to Him while He is still near.'  
(Isaiah 55: 6)
- 2) **'You shall not take the Name of the LORD your God in vain, ...'**  
(Swearing, and cursing ).
- 3) **'Remember the Sabbath Day, to keep it holy. Six days you shall labour, and do all your work, but the seventh day is a Sabbath to the LORD your God. ...'**  
(Keep Sunday with the Lord, for Catholics, take part in the Holy Mass!).  
(see Exodus 20: 3, 7, & 8)

Mary asked the young people: **'Do you say your prayers well, my children?'**

They replied, **'Not very well, Madam,'** And so Our Mother encouraged them saying: **'You must be sure to say them well morning and evening, but when you have time, say more.'**

As we approach October, the Month of the Holy Rosary, let's start praying the Rosary again, or increasing the number of Rosaries each day, or learning how to pray the Rosary if we do not know.

In a number of Mary's apparitions she asked for the Rosary to be prayed daily for Peace, and an end to war, for Reconciliation and Conversion of sinners. Let us, please, return to the School of Prayer of Mary, our Mother.

**The Angelic Salutation:**  
**"HAIL MARY,**  
**FULL OF GRACE,**  
**THE LORD IS WITH YOU."**  
[ ... ]  
**'PRAY FOR US,**  
**NOW, AND AT**  
**THE HOUR OF OUR DEATH.**  
**AMEN.'**

