

SPECIAL COMMENTARY:
HOLY COMMUNION IN THE HAND AND
LAITY DISTRIBUTING HOLY COMMUNION

By a soul

(September 22, 2019, Feast of the Given Name of Mary to Our Lady by St. Anne)

Writing this commentary is difficult for me, because I know that my words will affect many people, even chilling them straight to the bone. But, I know that I have to write these words, because I know that they will help many people, especially, in preparing for the Warning of Garabandal (Illumination of Conscience), which comes closer every day.

Please know that I write these words out of love for people and not to accuse anyone in their depth of love for Our Lord and Savior. But, I have to testify to this truth, because many people do not realize the sins that they carry on their souls. My hope is that many people will see the errors of their ways and repent with all their hearts for love of Our God. I pray that many people are blessed by these words.

I know that many people wonder how to become close to Our Lord. I do not consider myself to be a chosen soul in any way, although I will admit that I have been favored with special graces sometimes in my life—above and beyond what most people are granted by Our Lord in their spiritual walk. Well, I want to share with you all that the only reason that I am close to the Lord is because of my love for Him in the Most Holy Eucharist. Adoring Our Lord in the proper way in the Most Holy Eucharist will bring all those who desire to be close to Him, truly closer to Him in their spiritual walk. So, that they, too, can be given special graces from His Most Sacred Heart—gifts that He desires to give all His children, not just me or a chosen few.

Let me explain.

Truly, the more love you show Our Lord in Holy Communion, the more blessed you will be as a child of God. A big part of this involves honoring Our Lord in the proper manner as He desires us to do on earth.

I am not a daily Communicant. I only receive Our Lord once a week on Sundays, and I try to make it to weekly Confession. I wish I could attend daily Holy Mass, but it is not possible for me in my current circumstance. However, if the Lord could favor me who only receives Him on Sundays, I can only imagine the great spiritual progress that people could make if they were daily Communicants. Wow! So, please understand what I am about to share with you is do-able by all people who love Our Lord in whatever situation that you find yourselves in. You only need to attend weekly Sunday Mass and monthly Confession as I have done during most of my spiritual walk. These

practices are do-able by all those who love Our Lord.

Since 2005, I have only received Our Lord on the tongue in Holy Communion; and since 2008, I made a conscious decision to only receive Holy Communion from a priest's hands, which means that I never receive the Most Precious Blood from the Holy Chalice (because that involves me touching the sacred vessel which I am not worthy of doing). And whenever I miss Sunday Mass—even if it is due to sickness, I never approach Holy Communion again without reconciling myself to the Lord in Confession. Because I strive to give myself as purely as I possibly can whenever I receive Our Lord in Holy Communion.

There are other practices that I do, but those three practices, in particular, are what have brought me closer to Our Lord. Recently, I had three experiences during this past year where the Lord really made me understand more fully His desires for me (and in turn, for all of us) on how we are to receive Him in Holy Communion. Let me share these three short stories.

During Lent, I arrived a few minutes late to Sunday Mass and so, I had to sit a bit further back in the pews than I normally do each Sunday. Well, as I was approaching the altar, it became obvious that the lay ministers around me were running out of the Consecrated Host. Then, the priest ran out of the Consecrated Host, and I realized that I was going to have to receive Holy Communion from a lay minister instead. So, with two people in front of me, I started to beg Our Lord for Mercy on me, as I thought to myself, I was going to have to receive from a lay minister which I had not done in over eleven years.

My dearest brothers and sisters in Christ! As I approached the lay minister, he ran out of the Consecrated Host and I could not receive from him. Instead, all I could do was stand there, as the last person in the church who had not received Holy Communion before the altar. All the other lay ministers had already returned to the altar, and so, there I was, the only person waiting to receive before the packed church.

So, what happened? The priest noticed me standing there for Holy Communion and so, he came down from the altar and I received from him. God truly performed a Miracle for me and I was so grateful. Jesus really made the impossible possible for me, so I would receive Holy Communion in the way that He desires for us to receive. And so, I learned a lesson in trust and love that day by what happened.

My second story involves Sunday Easter Mass. I was traveling with family, and although we arrived early to the parish, the pews were packed and so, we had to sit in an overflow section outside in the parish hallway. I could not see the altar, because it was blocked by a wall, although I could hear Holy Mass without a problem. And so, I was hoping and praying that I would be able to receive from a priest as I waited for the time of

Holy Communion to take place.

Oh, my brothers and sisters in Christ! When it came time for Holy Communion, there were only two lay ministers that came to our overflow section. And so, here I was in line again with two people in front of me, and I prayed to God, please forgive me for receiving from a lay minister. I did not know what to do.

Oh, my brothers and sisters in Christ! At that moment that I prayed, Jesus spoke to me in my soul and He only said one word. Jesus said my name in the most sorrowful and anguished voice – a cry deeply felt from His Most Sacred Heart, and when it happened, I knew that I could not do this to Him, especially, at Easter.

So, what did I do? I quickly got out of line and walked in a hurried pace inside the church and ended up being the last person who received Holy Communion from the priest on Easter. And with that second experience, I understood very profoundly that I should never receive from a lay minister the Most Holy Eucharist. The Lord's cry made it very plain for me to understand that fact.

Finally, my third experience happened at a recent Catholic convention that I attended during the summer. I was in an arena with thousands of other Catholics wondering how Holy Mass would proceed, because of the improbability of me receiving Holy Communion from a priest's hands. But again, the Lord rescued me. I ended up being the last person in my section who received Holy Communion from a priest. It was my third "Eucharistic Miracle" and I learned a lot about the meaning of trust in God to provide for me—His Holy Provision.

I share these three stories to illustrate how important and meaningful it is to Our Lord that we only receive Holy Communion from a priest's hands on the tongue and not in our hands. Truly, the more love and reverence we show Our Lord in Holy Communion, the closer we will be brought to His Most Sacred Heart.

There are other practices that I have shared with you all in the past about how I honor Our Lord during Holy Communion, for example, bowing before every Real Presence of Our Lord at the altar before returning to my pew and spending at least 20 minutes in adoration during Holy Communion, etc. However, firstly, it is ever-important that people only receive Holy Communion from the priest on the tongue and make worthy Confessions. Then, the other practices flow naturally from our increased love and devotion for God. Because your heart desires to be more reverent out of love for Him.

I am sorry if reading this commentary is difficult for some people, because I know many people receive Holy Communion in the hand and may be lay Eucharistic ministers. But, I am speaking from my heart the truth about what has brought me closer to God and so,

people can understand truly what Jesus desires from us when we approach Him at Holy Mass. I share this with you all so people can comprehend how big a matter this is to Our Lord; and so, if people see themselves in doing this, they can change for the better, especially, for their salvation.

I hope that this commentary helps many people in deepening their faith in God.

I love you all.
—a soul

REFERENCE:

LOVE-LETTER ONE – Healing Holy Mother Church and the World Through Holy Communion and Confession <https://maryrefugeofholylove.com/love-letter-one-healing-holy-mother-church-and-the-world-through-holy-communion-and-confession/>

IMPORTANT COMMENTARY – The Ancient Secret of Holy Communion – By a soul <https://maryrefugeofholylove.com/2019/06/18/important-commentary-the-ancient-secret-of-holy-communion-by-a-soul/>

IMPORTANT COMMENTARY: Understanding Divine Justice – Our Lady of Garabandal and the Conditional Great Chastisement

<https://maryrefugeofholylove.com/2019/06/12/important-commentary-understanding-divine-justice-our-lady-of-garabandal-and-the-conditional-great-chastisement-by-a-soul/>