



*From the Desk of Father Peter*

*Mass—The Communion Procession*

*We begin to move to the altar, our communion procession. We sing at this time, an indication that we are one body in Christ. Here in a morsel of bread and a sip of the precious blood is a feast to satisfy our deepest hunger and thirst. Our deepest hunger and thirst—mine, yes, but my neighbor's too, and indeed the whole world's are fulfilled. As the bread of life is presented, each person expresses his or her personal faith by saying, "AMEN."*



*The AMEN means "yes, it is so; or I believe." Venerable St. Augustine told his congregation something else about this AMEN. He said, "It is your own mystery you receive. Say Amen to what you are!" What you are—the body and blood of Christ. Our Amen sends us forth to live as Christ's body and blood in our homes, our schools, our workplaces, our neighborhoods, and our world. It sends us forth to build the kingdom of God, to live our lives centered in God by always giving thanks for all that we are and have and to be appreciative of His gifts.*



*Peace and love to all*

*Fr. Peter Enyan-Boadu*