

## How Long is Jesus Present in the Eucharist After We've Received Communion?

[Philip Kosloski](#) - published on 05/17/17

The "Real Presence" of Christ does not end when we receive him at Mass under the appearance of bread and wine.

The great treasure of the Catholic Church is the Eucharist -- **Jesus himself hidden under the appearances of bread and wine.** We believe, as the *Catechism* states, that "In the most blessed sacrament of the Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially contained*'" (CCC 1374).



Papieska Swiatowa Siec Modlitwy  
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Additionally, **this Real Presence of Christ in the Eucharist does not end immediately when we receive him at Communion time.** The *Catechism* goes on to explain how, "The Eucharistic presence of Christ **begins at the moment of the consecration and endures as long as the Eucharistic species subsist**" (CCC 1377).

What does that mean when we receive him into our mouths? **How long does Jesus' Real Presence remain in our bodies?**

There is a famous story from the life of [St. Philip Neri](#) that helps answer that question. One day while he was celebrating Mass, a man received Holy Communion and left the church early. The man appeared to have no regard for the Presence within him and so Philip Neri decided to use this opportunity as a teaching moment. He sent two altar boys with lighted candles to follow the man outside of the church. After a while walking through the streets of Rome, the man turned around to see the altar boys still following him. Confused, the man returned to the church and asked Philip Neri why he sent the altar boys. Saint Philip Neri responded by saying, "**We have to pay proper respect to Our Lord, Whom you are carrying away with you. Since you neglect to adore Him, I sent two acolytes to take your place.**" The man was stunned by the response and resolved to be more aware of God's presence in the future.

It is generally assumed that the Eucharistic species of bread **remains for about 15 minutes after reception.** This is based on simple biology and reflects the *Catechism's* statement that the presence of Christ "endures as long as the Eucharistic species subsist."

This is why many saints have recommended offering 15 minutes of prayer after receiving the Eucharist as a thanksgiving to God. This allows the soul to savor the presence of God and have a true "heart-to-heart" with Jesus.

In our face paced world it is often difficult to remain long after Mass, but that doesn't mean we can't at least pray a brief prayer of thanksgiving. The main point is that we need to remember Jesus' presence in the Eucharist stays with us for several minutes and presents us with a special time when we can commune with our Lord and feel his love within us.

If one day you forget, **don't be surprised if your parish priest sends altar servers to follow you to your car when you leave Mass early!**

### Pope's Monthly Prayer Intentions — August

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.  
[thepopevideo.org](http://thepopevideo.org)

### Stewardship Bulletin Bits — August 18, 2024 — 20<sup>th</sup> Sunday in Ordinary Time

"Whoever eats my flesh and drinks my blood remains in me and I in him." John 6:56

This line from Scripture is what ultimately separates Catholics from our Protestant brothers and sisters. Jesus is really present in the bread and wine that are consecrated at Holy Mass. It is His actual body and blood that we consume. This is the greatest gift that we can receive. The Eucharist shows us how great of love that Jesus has for each of us.

### Stewardship Bulletin Bits — August 25, 2024 — 21<sup>st</sup> Sunday in Ordinary Time

"If it does not please you to serve the Lord, decide today whom you will serve...  
As for me and my household, we will serve the Lord." Joshua 24:15

When we commit to serve the Lord, we become a disciple in the work of the Lord. A disciple is a person who spends time in prayer every day, joyfully participates in charitable works and generously supports their local parish and Church mission. If we say we serve God, our words and actions should reflect the Gospel message to others.



# St. Anne Parish



Roman Catholic Archdiocese of Regina  
1701 Cowan Crescent, Regina, SK S4S 4C4  
Tel. 306-586-0449

[www.stannesregina.com](http://www.stannesregina.com) | [office@stannesregina.com](mailto:office@stannesregina.com)

### Parish Priest:

**FR. GUY AMÉDÉE AINEMON**

### Parish Office Coordinator:

Gabriela Büttner



August 18<sup>th</sup>, 2024  
**20<sup>TH</sup> SUNDAY IN ORDINARY TIME**

### OFFICE HOURS:

**Tuesday** 9 am-Noon & 1-3 pm  
**Wednesday** 9 am-Noon & 1-3 pm  
**Thursday** 9 am-Noon & 1-3 pm  
**Friday** 9 am-Noon & 1-3 pm

### PARISH SERVICES

**Reconciliation:** 30 min. before every Mass.  
**Anointing of the Sick:** Please call the Parish office.  
**Baptism:** Please call the Parish office.  
**Marriage:** Contact the Pastor at least six months in advance.

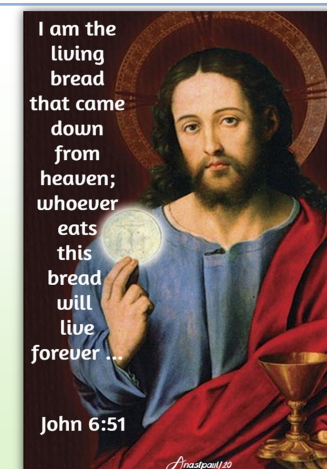
### Mass Intentions

If you would like the Holy Mass to be offered for your intentions or the intentions of your loved ones, please call the Parish Office, or write it up and drop it in the donation box in the Church. Mass offering is \$10.

### MASSES' SCHEDULE

**Saturday Mass** – 5:30 pm  
**Sunday Mass** – 9:00 am  
**Tuesday Mass** – 7:00 pm  
**Wednesday Mass** – 8:30 am  
**Thursday Mass** – 7:00 pm  
**Friday Mass** – 8:30 am

◆ **SUMMER SCHEDULE INSIDE** ◆



August 25<sup>th</sup>, 2024  
**21<sup>ST</sup> SUNDAY IN ORDINARY TIME**

### MISSION STATEMENT

We, the Catholic Parish of St. Anne, centred in Word and Eucharist, are called to be a caring faith community; coming together to celebrate God's love and truth through the sacraments, and make Christ present to others through loving service.



**Saturday – August 17<sup>th</sup>**  
 5:30 pm † Neil MacDonald  
*requested by Janet Buettner*

**Sunday – August 18<sup>th</sup>**  
 9:00 am MASS

**Tuesday – August 20<sup>th</sup>**  
 8:30 am For the Souls in Purgatory  
*requested by the Jo Family*

**Wednesday – August 21<sup>st</sup>**  
 8:30 am In Gratitude to Our Lord  
*requested by Evelyn Donauer*

**Thursday – August 22<sup>nd</sup>**  
 8:30 am MASS

**Friday – August 23<sup>rd</sup>**  
 8:30 am MASS

**Saturday – August 24<sup>th</sup>**  
 5:30 pm † Gabriel Stahl (Sr.)  
*requested by the Büttner-Stahl Family*

**Sunday – August 25<sup>th</sup>**  
 9:00 am In Celebration & Thanksgiving for  
 Louis Spavor on His 90<sup>th</sup> Birthday  
*requested by Louise & Larry Tessier*

**Tuesday – August 27<sup>th</sup>**  
 7:00 pm For Marcella Chamberlain's  
 Intentions  
*requested by Irene Jo*

**Wednesday – August 28<sup>th</sup>**  
 8:30 am For the Souls in Purgatory  
*requested by the Jo Family*

**Thursday – August 29<sup>th</sup>**  
 6:00 pm Adoration of Blessed Sacrament  
 7:00 pm † Marj Hessam  
*requested by Janet Buettner*

**Friday – August 30<sup>th</sup>**  
 8:30 am MASS



**Readings for Sunday, August 18<sup>th</sup>:  
 20<sup>th</sup> Sunday in Ordinary Time**

1<sup>st</sup> Reading: Proverbs 9.1-6  
 2<sup>nd</sup> Reading: Ephesians 5.15-20  
 Gospel: John 6.51-58

**Lectors:**

Saturday, Aug 17 – 5:30 pm – Rita Omodia  
 Sunday, Aug 18 – 9:00 am – Chidera  
 Ekediegwu



**Readings for Sunday, August 25<sup>th</sup>:  
 21<sup>st</sup> Sunday in Ordinary Time**

1<sup>st</sup> Reading: Joshua 24.1-2a, 15-17, 18b  
 2<sup>nd</sup> Reading: Ephesians 4.32 - 5.1-2, 21-32  
 Gospel: John 6.53, 60-69

**Lectors:**

Saturday, Aug 24 – 5:30 pm – Brian Sipe  
 Sunday, Aug 25 – 9:00 am – Rita Omodia

**PARISH  
 WEEKLY FINANCIAL  
 UPDATE**



**COLLECTION SUMMARY FOR AUG 4<sup>TH</sup>, 2024**

- Sunday Collection \$3513.65
- Building Fund \$0200.00
- Good Neighbour Project \$0350.00
- Offering Envelopes \$0050.00

**Total: \$4113.65**

**COLLECTION SUMMARY FOR AUG 11<sup>TH</sup>, 2024**

- Sunday Collection \$0870.25
- Building Fund \$0090.00

**Total: \$0960.25**

**NOTE:**

The next Bulletin  
 will be available  
 on Sunday, September 1<sup>st</sup>



**COME LET  
 US  
 ADORE  
 THE LORD!!  
 on  
 AUGUST 29<sup>th</sup>  
 At 6 pm  
 Before 7 PM  
 Mass**

We are ALL invited to an Hour of  
 Adoration with Jesus in the Blessed  
 Sacrament.

Come and spend some time in prayer  
 with the Lord and you will be blessed!.



We recommend to your prayers Loretta  
 Leibel who passed away on August 7, 2024.

The Leibel Family were long-time  
 parishioners at St. Anne.

A funeral Mass for Mrs. Leibel will take  
 place at St. Anne Parish on Tuesday,  
 September 10<sup>th</sup>, 2024, at 11:00 am.

We acknowledge that we are in Treaty Four  
 Territory, Traditional lands of the Nehiyawak  
 (Cree), Anishinaabe (Saulteaux), and Nakota  
 people. Homeland to the Dakota, Lakota and  
 Métis people.

**FIND OUT WHAT'S  
 HAPPENING IN THE  
 ARCHDIOCESE  
 OF REGINA?**



**GO TO:**

<https://archregina.sk.ca/archdiocese-of-regina-bulletin/> OR <https://archregina.sk.ca/>

**PLEASE NOTE:**  
 ALL the **WEEKDAY** Masses **UP TO**  
**August 23<sup>rd</sup>** will be at 8:30 am.

**AUGUST 20 TO 23<sup>RD</sup> ONLY**

**TUESDAY 8:30 am**  
**Wednesday 8:30 am**  
**THURSDAY 8:30 am**  
**Friday 8:30 am**

**\*THE REGULAR SCHEDULE FOR  
 WEEKDAY MASSES RESUMES ON  
 AUGUST 27 \***

**WEEKEND MASSES REMAIN THE SAME:  
 SAT-5:30PM & SUN-9:00AM**



**WE'RE  
 GETTING  
 READY  
 FOR**



**ST. ANNE'S HARVEST SALE**

We need 250 ml jars and Gift BASKETS!  
 Please leave the items under the table by  
 the parking lot entrance. Thank YOU!

**ST. ANNE'S  
 HARVEST  
 SALE**

**RETURNS the weekend of  
 September 28 & 29<sup>th</sup>, 2024**

**TICKETS WILL BE ON SALE  
 IN LATE AUGUST 2024  
 \$40 per package  
 only 40 packages available**

**REGINA CATHOLIC SCHOOLS DIVISION'S  
 OPENING MASS AND FAITH DAY**

Wednesday, August 28<sup>th</sup> at 8:30 am at  
 Resurrection Parish. All parishioners are invited  
 to watch the celebration on Resurrection's  
 YouTube Channel at: [https://www.youtube.com/  
 @resurrection3155/streams](https://www.youtube.com/@resurrection3155/streams)