ANNOUNCEMENTS

was a seminarian at the same time and was ordained a couple years after Fr Fryar. Originally from Argentina, he is fluent in Spanish, English, French and Latin. Feel free to welcome him to visit your home, or if in any way he can be of assistance to you.

ot much going on this week! Just the usual! Enjoy your summer!

How to receive Holy Communion?

very once in a while it is good to get a reminder how to receive Holy

Communion. Most of the time we do not know how far our mouth is open or how far out our tongue is. It is very difficult for the priest to place the host on your tongue if he cannot see it, or to insert the Host in your mouth if it is open merely a millimeter above your teeth, especially since he is only using two fingers and while he is giving you Holy Communion he is also taking great care not to let a single particle fall, nor to touch your tongue.

A good practice is to go in front of a mirror, close your eyes and open your mouth as you usually do to receive Holy Communion. Then open your eyes and see how far you have actually opened your mouth. Your tongue needs to be at least half an inch past your teeth and there needs to be at least half an inch clearance between the top of your tongue and your upper lip. Once you have that established, you need to have your head half way back, not bowed. Finally, the big key is DO NOT MOVE. Don't snap at the priest, don't move your head toward the Host, don't say "Amen" while trying to snap at the Host at the same time, don't follow the host with your eyes, (it makes your head move around)... just don't move! The ideal is to actually close your eyes. Also, if you are standing, hold onto the altar rail because oftentimes we tend to sway when we are standing, even though we do not realize it.

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PROPERS:

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CREDO:

#780

RECESSIONAL:

HAIL, TRUE VICTIM

LIFE AND LIGHT

Also do not fold your hands in such a way that your fingers are near your chin. The altar server needs to put the paten under your chin, and if your hands are in the way he cannot do that.

After you receive Holy Communion, if you are at the Altar Rail, pause for a short moment of prayer, then leave - you could also make the sign of the cross as you leave. Return to your pew and kneel to make your thanksgiving.

Remember that you need to be in the state of grace (no mortal sin) and have fasted at least an hour, as well as be Catholic, to receive Holy Communion. If this is not the case you may come for a blessing - you can either indicate by making an X with your arms over your chest, or by the index finger sealing your lips, that you only request a blessing. Not every priest will give a blessing at the altar rail, but do not let that be a disappointment to you - the mere proximity to Our Lord as He passes in front of you along the Altar Rail is a blessing in itself.

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Minth Sunday After Pentecost

A THOUGHT FOR SUNDAY

n the Gospels, Our Lord was the one who cast the violators from the Temple. In our day, the violators have cast out Our Lord - sending Him to a little room where "people can pray".

Slowly Our Lord is being welcomed back to His House, and around the world we find scenarios where the priest is bravely placing the Tabernacle back in the center.

Maybe we cannot personally change whether the Tabernacle has been banished or returned to the center. But what we can do is remember that when we go to church, we are going to the House of Our Divine Master. It is His home. Don't be entering the church and ignoring Him. Don't talk to your friends, that is what the parking lot is for. This is your singular opportunity to visit with Our Lord in His Court. He should be the center of your attention.

If you make Him the center of your attention, you will soon discover that you are the center of His attention - He has been waiting for you all this time. It's about time that you have made time for Him.

> God bless you. Fr Fryar

MASS TIMES CONFESSIONS 30 MIN BEFORE EACH MASS

SAN FELIPE CHAPEL 738 N. GERAGHTY AVE LOS ANGELES CA 90063

SUNDAY 11:00 AM

MONDAY 7:00 PM

Followed by polluck and conference

FIRST FRIDAY - 7.00 PM

ST. VICTOR'S CHURCH 8634 HOLLOWAY DR W. HOLLYWOOD CA 90069

OF ST. PETER IN LOS ANGELES

FSSP.LA

SUNDAY 7:00 PM HIGH MASS

TUES & FRI – 7:00 PM Tuesday Mass is followed by a conference MON. WED & THURS 7:00 AM SATURDAY 9:00 AM

MON - SAT MASSES ARE IN THE OLD CONVENT CHAPEL THROUGH THE GREEN GATE IN THE SOUTH SIDE OF THE PARKING LOT

FSSP OF LA 645 W. 9TH ST UNIT 110-419 LOS ANGELES CA 90015

CONTACT HTTP://FSSP.L. EMAIL@FSSP.LA

323-454-1002

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FSSP.LA REGISTRATION REQUEST

PHONE

Please send me a registration package. I would like to be part of the FSSP.LA Community!

Contact information:

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EMAIL:

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| - | | I MIGHT BE A FUTURE PARISHIONE | ER | |
| | | I DEFINITELY WILL BE A FUTURE | | |
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| - | | I want to help you make this | | |
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□ PLEASE CONTACT ME ASAP!

PLEASE MARK THE APPROPRIATE BOX:

GIVE THIS FORM TO AN USHER OR MAIL IT IN.