

Ask Mason & Teo



Eucharist: on the tongue or in the hand?

Blessings Teo & Mason, I was blessed to attend a silent retreat in which we meditated, prayed, had Confession and listened to a priest who gave all the talks. The priest told us that receiving the body of Christ on our tongue was more reverent. If we received by our hands, fragments of the Eucharist could be lost. Communion on the tongue would decrease opportunities for desecration of the Eucharist.

Our church teaches us that Communion is the body, blood, soul and divinity of Our Lord. If our brothers and sisters of other faiths saw the reverence and awe Catholics have in the Eucharist, they would come to believe in it too. So why don't we receive communion on our tongue? (How to Love...)

Dear How to Love, In the United States, you may receive Communion on the tongue or on the hand, with proper precautions. The general law of the universal church in the Latin rite (Roman Catholics) states that we receive Communion in the traditional manner, on the tongue. Pope Benedict XVI does not give Communion in the hand.

But the pope does give permission to receive the Body of Christ in the hand to episcopal conferences that request it, such as the U.S. Conference of Catholic Bishops. However, certain precautions must be taken.

A letter from the 1985 Vatican's Congregation for Divine Worship to the U.S. bishops called for "due respect towards the Real Presence of Christ in the Eucharist."

"The communicant who has received the Eucharist in the hand is to consume it before returning to his place, moving aside yet remaining facing the altar in order to allow the person following to approach the minister," the letter stated.

In arguing for communion in the hand, some have noted that at the Last Supper Our Lord said, "take and eat." Even so, we would point out that the Apostles themselves became priests that evening. And even with Communion in the hand, the faithful are not supposed to "take" the host, but "receive" it.

In the 16th century, the Council of Trent confirmed this declaring that "it has always been the practice in the Church of God in the reception of the Sacrament, that laypersons receive Communion from priests and that the priest-celebrants give Communion to themselves. This practice, coming down lawfully and justly from Apostolic Tradition, ought to be retained."

We could keep in mind a traditional practice of middle-eastern hospitality, which was practiced in Jesus' time and still today, has a host feeding a guest by placing a morsel in the guest's mouth.

Then others maintain that Communion in the hand was common practice from the time of the apostles until at least the 10th century.

St. Cyril of Jerusalem (313-386), a Father of the Church, counsels the faithful to "make the left hand a throne for the right hand, which receives the King [in Holy Communion]." He further counsels great care to be taken for any fragments which might remain in one's hands as they are the Body of the Lord.

Some say that Communion on the tongue developed in the Middle Ages due to excessive fear of God and preoccupation with sin, judgment and punishment. In fact, it was considered sufficient just to gaze upon the sacred host during the elevation rather than actually receive it and these circumstances led to the practice of reception on the tongue.

Today, while the U.S. church has the permission, called an "indult," from Rome to distribute Communion in the hand, each individual bishop has the authority to forbid the practice in his diocese. However, no bishop may forbid receiving our Lord on the tongue.

So, should we receive Communion on the tongue or on the hand? As Catholic Christians, we have a duty to respect the Eucharist. We must take great care to prepare ourselves for fruitful reception of Holy Communion. This includes participation in the Sacrament of Reconciliation and watching our external attitude. Our gestures must speak clearly of the respect, reverence and the belief we have in the Body, Blood, Soul and Divinity of Jesus Christ in the Eucharist, whether we receive on the tongue or in the hand.

Mason and Teo Matsuda are parishioners of Our Lady of Perpetual Help Parish in Ewa Beach and have served in youth and young adult ministries for years. Write to them at yaadvice@yahoo.com.

Rosary stars

Young celebrities continue the mission and vision of famed 'rosary priest'

By Dave Jolivet
Catholic News Service

NORTH EASTON, Mass.

It's a page right from Holy Cross Father Patrick Peyton's playbook — or rather his prayer book.

Family Theater Productions in Hollywood, Calif., affiliated with Holy Cross Family Ministries in North Easton, recently released a DVD, "Rosary Stars Praying the Gospel."

The project aims to spread the Gospel message by making the rosary come alive, particularly for a younger generation of Catholics.

It features 21 young athletes, actors, directors, TV hosts, recording stars, authors and lecturers sharing a Scripture reading, their own personal reflection and a decade of the rosary, encompassing the four sets of mysteries of the rosary: joyful, sorrowful, glorious and luminous. It includes a meditation from Father Peyton, known as the "rosary priest."

J. Omar Castro, one of the celebrities recruited to help with the DVD told The Anchor, newspaper of the Diocese of Fall River, that he was "flattered to be asked to take part in this DVD."

He has appeared in the television hit shows "Without a Trace" and "CSI," as well as in films with Nicolas Cage and Cuba Gooding Jr.

"I saw this as a great opportunity to show others the power and relevance of the rosary as a prayer tool and maybe to demystify what the rosary is," the first-generation Honduran-American actor said in a telephone interview from his home in New Orleans.

Father Peyton spread the Gospel message utilizing state-of-the-art resources. He saw a great tool in radio and television to make the rosary come alive for thousands.

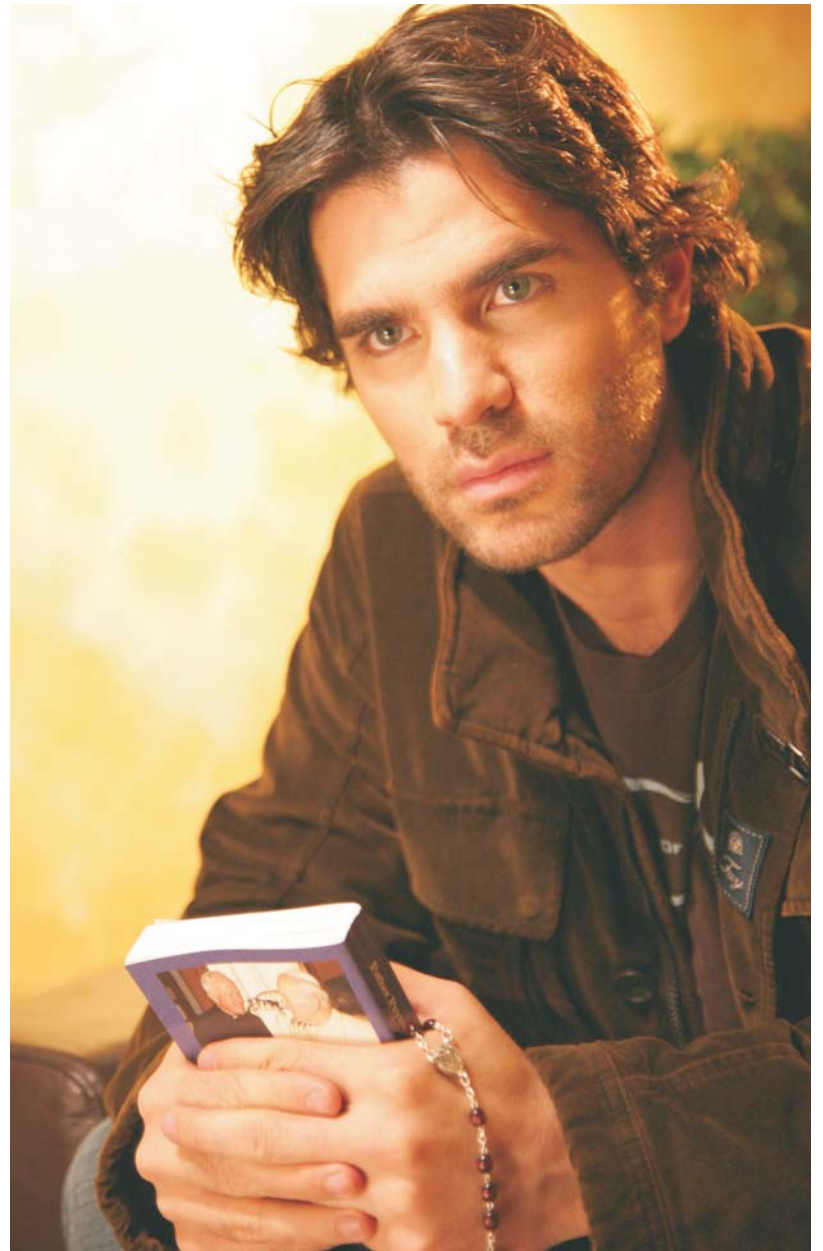
He drew in celebrities of the '40s, '50s and '60s to help him carry out Christ's mission. He called on the likes of Gary Cooper, Loretta Young, Jane Wyatt, Gregory Peck, Charlton Heston and many others. He also organized rosary rallies across the world attended by millions through the years.

In his reflection on the DVD, Castro shared the painful divorce of his parents when he was 8 years old, and told of how praying the rosary helped him during that difficult time.

He mentioned how at times he felt God was not answering his prayers, but he persisted in praying the rosary.

Castro told The Anchor he sees Father Peyton's mission and vision as "very much in the mix even today. There are more people than let on who share Father Peyton's vision."

"Just look at the Rosary Bowl held in 2007 at the Rose Bowl in Pasadena (Calif.)," he said. "I was



Actor Eduardo Verastegui, star of the film "Bella," holds Father Peyton's Rosary Prayer Book and a rosary during his reflection on the "Rosary Stars: Praying the Gospel" DVD.

there and amazed that more than 50,000 people showed up on a Saturday night near Hollywood."

"I see a resurgence of younger people praying the rosary, and I hope the DVD can help continue that trend," he said.

"I really don't consider myself a celebrity. I'm just a guy who loves what he's doing, and it's through God's graces that I'm where I am today," Castro added.

Ali Landry, a young actress and former Miss Louisiana and Miss USA, shared many of Castro's sentiments.

Landry, who had a role in the recent film "Bella," heralded for its pro-life message about a young pregnant unwed woman who has the baby, told The Anchor in a phone interview from Hollywood that she agreed to work on the DVD "to share my faith and bring others closer to the Lord."

The Catholic faith played an important role in Landry's upbringing.

"Like Father Peyton said, 'The family that prays together, stays together'; praying the rosary was the glue that held my family and my faith together," she said.

In her DVD reflection, Landry ex-

presses the importance of "reaching out to others."

"Praying the rosary publicly shows others the meaning of opening up and touching someone. When people see and hear the meditations and reflections, it's just a natural thing that some of them are going to be touched, and that's why I wanted to be a part of this," she said in the interview.

Like Castro, Landry senses Father Peyton's mission and vision as very much alive in her circles.

"Family Theater Productions has been so important in my life and in the lives of many Catholic actors in Hollywood," she said. "It provides us with a place where we can share our faith and grow in God's love."

She met her husband, Alejandro Gomez Monteverde, at a Bible study program at Family Theater. "Monteverde directed and co-wrote "Bella."

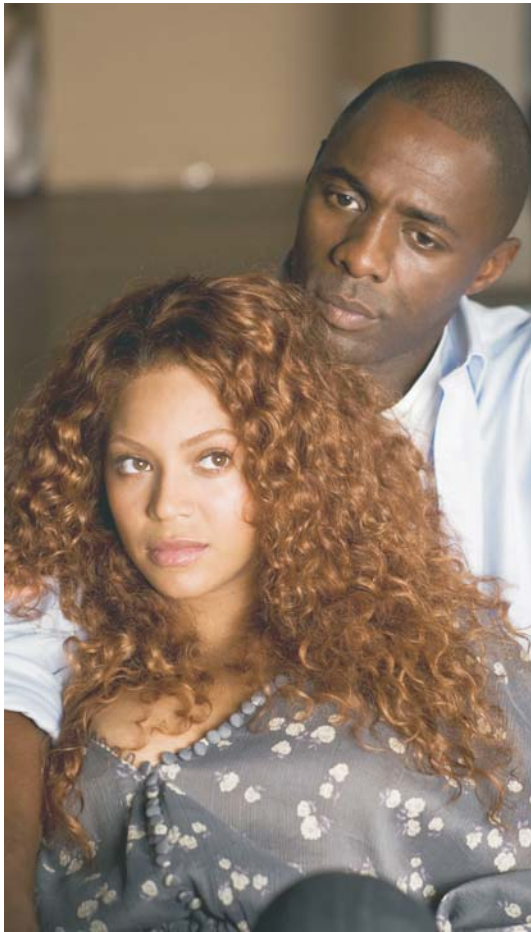
Staying focused on God in her profession is difficult, she said. "That's why Family Theater becomes so important and the rosary is such a powerful prayer. The rosary helps you focus on the life and mission of Christ, and sharing with other Catholic actors helps us regain that focus."

Movie reviews

17 Again (New Line): Pleasant, though unremarkable romantic comedy about a dissatisfied middle-aged man (Matthew Perry) who gets his wish to be a high-school student (Zac Efron) again and, with the help of his lifelong best friend (Thomas Lennon), uses the opportunity to guide his teenage son (Sterling Knight) and daughter (Michelle Trachtenberg) and to revive his failing relationship with his wife (Leslie Mann). Director Burr Steers' formulaic star vehicle sees its protagonist standing up for the underdog and promoting sexual restraint but thematic elements make it best for mature teens and up. Premarital sexual situations, some sexual humor and references, about a dozen crass terms and at least one use of profanity. A-III (PG-13)

Fighting (Rogue): Intermittently violent, but otherwise engaging boxing drama about a failed street salesman (Channing Tatum) who turns to underground fighting to survive, and bonds with his manager (Terrence Howard) while romancing a waitress (Zulay Henao). Scenes of punishing brutality and approval of premature sexual relations mar director and co-writer Dito Montiel's mostly moving portrait of a friendship between two down-on-their-luck New Yorkers. Graphic beatings, a premarital sexual encounter, and some crude and crass language. L (PG-13)

The Soloist (DreamWorks/Universal): Engrossing drama in which a Los Angeles journalist (Robert Downey, Jr.) profiles and befriends a musically gifted homeless man (Jamie Foxx), and discovers, through the challenging relationship, an underworld of his city's dispossessed. Director Joe Wright's adaptation of Steve Lopez's book features impressive performances by both leads that lend eloquence to its implicit plea for treating the marginalized with dignity. Drug use, a few rough



Obsessed (Screen Gems): Competent but forgettable suspense yarn in which a temporary office worker (Ali Larter) becomes fixated on a happily married executive (Idris Elba) eventually causing his wife (Beyonce Knowles) to suspect an affair. Director Steve Shill's feature debut, essentially a rickety star vehicle for Knowles, showcases marital fidelity, but dallies with vigilantism as the police — led by Christine Lahti as a detective — prove helpless. Moderate action violence, brief nongraphic sexual activity, a suicide attempt, some crude and crass language, a few sexual references and half a dozen uses of profanity. A-III (PG-13)

CNS photo/Sony Pictures

and crude words, a couple of uses of profanity and occasional sexual references. A-III (PG-13)

State of Play (Universal/Working Title): Engrossing political thriller about a veteran reporter (Russell Crowe) and a rookie blogger (Rachel McAdams) on the same Washington paper who join forces to investigate a series of murders, one of which involves a crusading congressman (Ben Affleck) who's trying to expose corruption involving a powerful military

contractor. Kevin Macdonald directs this streamlined version of an acclaimed BBC miniseries which, though not always plausible, and with some of its revelations all too transparent, has an intriguing narrative, a solid cast and a script that eschews overt sex and violence, making this acceptable for older teens. Nongraphic violence, implied past adultery, some rough language and profanity, brief sexual remarks and innuendo, abortion and drug references. A-III (PG-13)

Ratings

Conference of Catholic Bishops Office for Film & Broadcasting classifications: A-I — general patronage; A-II — adults and adolescents; A-III — adults; L — limited adult audience, films whose problematic content many adults would find troubling; O — morally offensive.

Motion Picture Association of America ratings: G — general audiences, all ages admitted; PG — parental guidance suggested, some material may not be suitable for children; PG-13 — parents are strongly cautioned. Some material may be inappropriate for children under 13; R — restricted, under 17 requires accompanying parent or adult guardian; NC-17 — no one 17 or under admitted; NR — no rating.

- 17 AgainA-III (PG-13)
- AdventurelandL (R)
- Confessions of a Shopaholic...A-III (PG)
- DefianceL (R)
- DuplicityA-III (PG-13)
- Fast & Furious.....L (PG-13)
- Fighting.....L (PG-13)
- Gran TorinoL (R)
- Hannah Montana the Movie....A-I (PG)
- The Haunting in ConnecticutA-II (PG-13)
- He's Just Not That Into You .L (PG-13)
- Hotel for Dogs.....A-I (PG)
- I Love You, ManO (R)
- The International.....A-III (R)
- KnowingA-II (PG-13)
- The Last House on the LeftO (R)
- Monsters vs. AliensA-II (PG)
- Observe and ReportO (R)
- ObsessedA-III (PG-13)
- Paul Blart: Mall Cop.....A-II (PG)
- PushA-III (PG-13)
- Slumdog MillionaireA-III (R)
- The SoloistA-III (PG-13)
- State of PlayA-III (PG-13)
- TakenL (PG-13)
- Two LoversL (R)

Calendar

Retreat to the Big Island

Want to spend a weekend on the Big Island fellowshiping with other young Hawaii Catholics for a cheap price but huge spiritual benefits?

Then come to the Big Island Young Adult Connection (BIYAC) retreat, Saturday and Sunday, May 30 and 31, at Pahala Plantation Houses in Pahala. The theme this year is "Where He Leads, We Will Follow."

The cost for lodging and meals is \$25, not including airfare. Check-in time is 9 a.m. on Saturday. The retreat is pau Sunday at 4 p.m.

Registration is due May 15. For a registration form or more information, contact Chrislyn Villena at 808-935-1465 or maimakana1434@aol.com.

Our Lady of Perpetual Help Parish in Ewa Beach is organizing an Oahu group. E-mail olphyam96706@gmail.com ASAP to join.

Christopher cometh West

Christopher West, who writes and talks on human sexuality and marriage, particularly Pope John Paul II's "Theology of the Body," is coming to Hawaii May 30.

The charismatic Catholic speaker, who wowed 'em at World Youth Day in Sydney last July, will head an all-day "Theology of the Body" conference, 8:30 a.m.-4 p.m., May 30, at St. Anthony Church in Kailua. The theme: "the mystery of the invisible God's love, made visible in our being."

InHim Ministries is sponsoring the all-ages event. It costs \$30 to register up to May 24 and \$40 after that. The conference is free for clergy, religious and deacons' wives.

Lunch is not provided but concessions will be available. Childcare is there for parents who pre-register, plus financial help for neighbor islanders and others who need it.

To register, go to www.inhimhawaii.org. To learn about Christopher West, visit www.christopherwest.org or www.tobinstitute.org.

Commentary

Praise God. Pray the rosary

By Anna Weaver
Hawaii Catholic Herald

At the Basic Christian Community young adult group each Tuesday night, we gather in a room at the Chancery, pull up a chair, pull out our little blue booklets, and break out the rosaries. And, before we eat, share about our week, or read the Sunday Scriptures, we pray the rosary.

Before I started going to my small group, I don't think I'd practiced this particular Catholic devotion for several years. At my first BCC meeting, I couldn't remember the words to "Hail, Holy Queen" or the order of many of the prayers.

There were many veteran rosary pray-ers in the group, but I wasn't the only 20-something to come in somewhat rusty on the long-venerated devotion. For people our age, it must seem a bit antiquated and, well, boring to say the Hail Mary 50 times in one sitting. What's the point?

To get the perspective of a young adult whose life was transformed by the

rosary, I turned to Dominican Sister of the Most Holy Rosary Mary Novie Omictin.

"Praying the rosary is my way of praising God," says the 35-year-old. "It is my way of thanking Him for all the blessings and graces I received, of asking for protection, courage, guidance and enlightenment in everything I do."

"And most of all, it is a way of honoring the Blessed Virgin Mary."

Sister Novie has prayed the rosary since she was a child growing up in the Philippines where her family gathered daily for the rosary. As a young girl, she most looked forward to May, the month of Mary, because she and other kids would get to sing, offer flowers to the Blessed Mother and pray the rosary together.

But it wasn't until high school, when she learned more about Mary and her apparitions at Fatima and elsewhere, that Sister Novie began to understand the devotion's importance.

"Praying the rosary now is my expression of faith to the Blessed Mother," Sister Novie said. "I believe she has a great role in our salvation and I hope that I may become closer to Jesus

through her intercession."

Sister Novie said it was Mary who brought her into the Dominican Sisters so that she could be a witness to her faith and her devotion to the Blessed Mother. And that's why, she says, "I never miss praying the rosary every day no matter how busy I am, because for me, this is the best prayer I can offer to the church."

I like to think back to my rosary lessons in fifth grade at St. Anthony School in Kailua when Sister of St. Joseph of Carondelet Mary Kay Marrone taught my class that it isn't the physical rosary that is precious as much as it is the prayers we intone while holding it that matter.

My mind does occasionally wander as I pray the rosary each Tuesday night with my BCC group, but as I roll my fingers over each individual bead, my prayers bring me back and remind me that I'm glad we as Catholics are called to this devotion.

