



*the priest puts a bit of the Host into the chalice?*

The Fraction Rite is the breaking of the consecrated host after the Sign of Peace. After breaking the consecrated Host, the priest breaks off a small piece and puts it in the chalice. This commingling represents to us the resurrection of Christ, the reuniting of His Body and Blood. While doing this the priest quietly says: "May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it." We participate in this sacred action by proclaiming Jesus as "Lamb of God." Jesus is the true Lamb of God who accomplished our salvation on the cross and established the new covenant in His blood. So, at the breaking of the bread, let us truly profess Him as the Lamb of God who takes away the sins of the world, offers mercy and brings us peace. *Want to know more? Our Adult Formation offerings cover this and much more!*