



## WEEK 2 - SETTING UP FOR HOLY COMMUNION

### VESTMENTS

#### Meanings of Vestments

*In the Middle Ages, two popular interpretations of the meaning of the vestments arose.*

The most prevalent one interpreted the vestments as symbols of Jesus' passion: the blindfold (the amice) and the garment (the alb) as He was mocked and beaten; the ropes and fetters (the cincture) which bound Him during the scourging; the cross (the stole) He carried; and the seamless garment (the chasuble) for which the soldiers rolled dice.

The other popular interpretation focused on the vestments in their Roman military origins and viewed them as symbols of the priest as the soldier of Christ doing battle against sin and Satan.

In all, the vestments used in worship have a two-fold purpose: "These signify the role proper to each person who has a special part in the rite, and they help to make the ceremonies beautiful and solemn" (General Instruction on the Roman Missal, No. 297). Moreover, the vestments inspire the priest and all of the faithful to meditate on their rich symbolism.



#### The Amice

*What is it?* It is a piece of white linen, rectangular in shape, with two long cloth ribbons.

*How is it worn?* It is placed around the neck, covering the clerical collar, and then ties it by crisscrossing the ribbons in front (to form a St. Andrew's cross), bringing them around the back, around the waist and tying them in a bow.

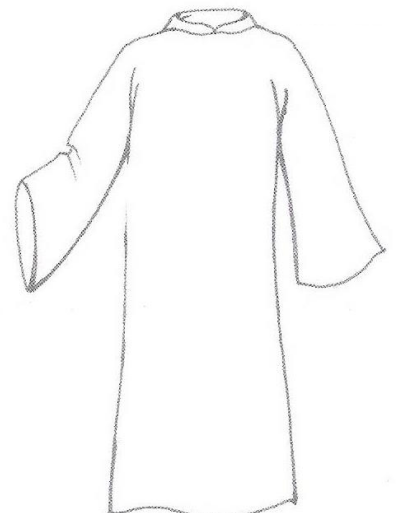
*Why was it worn?* The practical purpose of the amice is to conceal the normal clerical clothing of a priest, and to absorb any perspiration from the head and neck. In the Graeco-Roman world, the amice was a head covering, oftentimes worn underneath the helmets of the Roman soldiers to absorb sweat, thereby preventing it from flowing into their eyes.

*Why wear it now?* The spiritual purpose is to remind the priest of St. Paul's admonition: "Take the helmet of salvation and the sword of the spirit, the Word of God" (Eph 6:17).

*What is the prayer?* The vesting prayer is "Place, O Lord, the helmet of salvation on my head to resist the attacks of the devil."

#### The Alb

*What is it?* The alb is a long, white garment, which flows from shoulders to ankles, and has long sleeves extending to the wrists. (The word *alb* means "white.")



*Why was it worn?* The alb was a common outer garment worn in the Graeco-Roman world and would be similar to the soutane worn in the Middle East. However, those of authority wore albs of higher quality with some kind of embroidery or design. Some modern style albs have collars which preclude the necessity for an amice.

*Why wear it now?* The spiritual purpose reminds the priest of their baptism, when they were clothed in white to signify the freedom from sin, purity of new life, and Christian dignity. Moreover, the Book of Revelation describes the saints who stand around the altar of the Lamb in Heaven as "These are the ones who have survived the great period of trial; they have washed their robes and made them white in the Blood of the Lamb" (7:14).

*What is the prayer?* The vesting prayer is "Make me pure, O Lord, and purify my heart so that being made clean in the Blood of the Lamb, I may deserve an eternal reward."

### **The Cincture**

*What is it?* The cincture is a long, thick cord with tassels at the ends which secures the alb around the waist. It may be white or may be the same liturgical colour as the other vestments.

*How is it worn?* A rope cincture is tied at the waist and hangs on the left hip.

*Why was it worn?* In the Graeco-Roman world, the cincture was like a belt.

*Why wear it now?* Spiritually, the cincture reminds the priest of the admonition of St. Peter: "So gird the loins of your understanding; live soberly; set all your hope on the gift to be conferred on you when Jesus Christ appears. As obedient sons, do not yield to the desires that once shaped you in your ignorance. Rather, become holy yourselves in every aspect of your conduct, after the likeness of the holy One who called you" (I Pt 1:13-15).



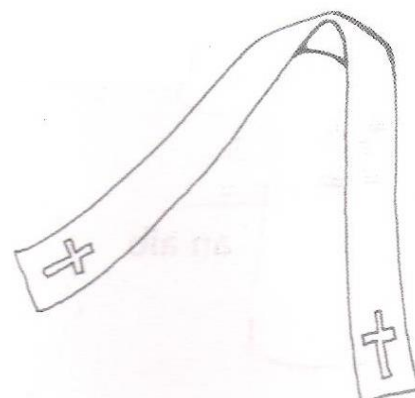
*What is the prayer?* The vesting prayer is "Gird me, O Lord, with the cincture of purity and extinguish in my heart the fire of concupiscence so that, the virtue of continence and chastity always abiding in my heart, I may better serve Thee."

### **The Stole**

*What is it?* The stole is a long cloth, about four inches wide and of the same color as the chasuble, that is worn around the neck like a scarf.

*How is it worn?* For Deacons, the stole is worn over the left shoulder and tied at the right waist. Priests & Bishops wear the stole so it hangs straight down from the neck or crossed over.

*Why was it worn?* Rabbis wore prayer shawls with tassels as a sign of their authority. The crisscrossing of the stole also was symbolic of the crisscrossed belts the Roman soldiers wore: one belt, holding the sword at the waist, and the other belt, holding a pouch with provisions, like food and water.



*Why wear it now?* The stole reminds the priest not only of his authority and dignity as a priest, but also of his duty to preach the Word of God with courage and conviction ("Indeed, God's word is living and effective, sharper than any two-edged sword." Heb 4:12) and to serve the needs of the faithful.

*What is the prayer?* The vesting prayer is "Restore unto me, O Lord, the Stole of immortality which I lost through the sin of my first parents and, although unworthy to approach Thy sacred Mystery, may I nevertheless attain to joy eternal."

## The Chasuble

*What is it?* The chasuble is the outer garment worn over the alb and stole.

*Why was it worn?* Over the centuries, various styles of chasubles have emerged. Derived from the Latin word *casula* meaning "house," the chasuble in the Graeco-Roman world was like a cape that completely covered the body and protected the person from inclement weather.

*Why wear it now?* Spiritually, the chasuble reminds the priest of the charity of Christ: "Over all these virtues put on love, which binds the rest together and makes them perfect" (Col 3:14).

*What is the prayer?* The vesting prayer is "O Lord, Who hast said, 'My yoke is sweet and My burden light,' grant that I may so carry it as to merit Thy grace."



## Vessels and accessories include...

- The sacred vessels need to be kept in good condition, with no scratches or scrapes with the interior, for hygiene.
- The chalice (cup) must be made of gold, silver or gold/silver-plate and wine must be fortified.
- Do not use detergents, polishes, or scourers on the internal surface of vessels at any time.

Chalice (cup)	used to contain wine at the Eucharist. The earliest chalices were made of glass or earthenware, but for hygiene must now be made only of gold, silver or gold/silver plate.
Paten (plate)	this is the dish on which the bread (Priest's host) is placed.
Ciborium (container)	a chalice shaped vessel with a lid used to contain the bread for communion (if the main bread on the paten is not enough).
Purificator	small piece of white linen, folded in three, used at the celebration of the Eucharist to cleanse the chalice.
Pall	Small linen cloth (stiffened with cardboard or plastic) which is used to prevent dust or other matter falling into the chalice.
Corporal	a square piece of linen on which the bread and wine are placed and consecrated in the Eucharist. It looks like a napkin.
Burse	Originally a purse in which the corporal was kept.
Veil	the coloured cloth often used to cover the prepared chalice.

Credence Table	a small side table in the sanctuary where the communion vessels are kept during the service.
Lavabo Bowl	A small bowl used for washing the Priest's fingers before the great thanksgiving prayer.

### Preparing the Chalice



To prepare the chalice for the Eucharist.

- (1) Place a folded purificator over the chalice.
- (2) Put the paten above the purificator on the chalice.
- (3) Put a large bread on the paten.
- (4) Cover with a pall.
- (5) Cover with a veil (if used) of the liturgical colour of the day.
- (6) Place a corporal in the burse (if a burse is used) and place on top.

Steps (1) to (4) above are common practice while steps (5) and (6) are subject to local custom.

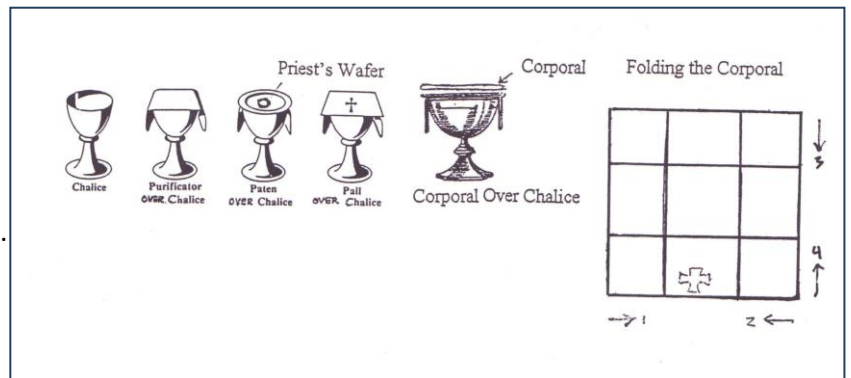
To prepare additional chalices the following steps are carried out.

- (1) Place a folded purificator over the chalice.
- (2) Place a pall on top.

The prepared chalice is then placed on the credence table.

## Setting up at St Barnabas College

- Put on the tray...
  - Ciborium – with 10 people’s wafers.
  - Bread box – with a few extra wafers.
  - Glass Wine Cruet – with a small amount of wine.
  - Glass Water Cruet – with water.
  - Small Lavabo Jug - with water; and bowl with towel resting on top.
  - Hand Sanitiser.
  - The prepared chalice:
    - Chalice
    - with Purificator on top
    - then paten,
    - then Priest’s bread,
    - then pall,
    - then the corporal (still folded).



- Place the tray on the LEFT side of the communion table (altar) when facing it from the congregation.
- Ensure the orders of service and psalm sheets are available as people walk in.
- Set the readings for the day in the Lectern Bible according to the lectionary.
- Mark the sentence for the day and collect in the Deacon and Priest’s prayer books.
- Mark the thanksgiving prayer in the Priest’s prayer book on the missal stand.
- Take the chasuble and 2 stoles (one for the deacon) Joan’s office – according to the lectionary.
- 5 minutes before the service commences, light the candles.

## Cleaning up at St Barnabas College

- Extinguish the candles as soon as the Priest and Deacon have processed out.
- Wipe out
  - Glass Wine Cruet – empty wine and wash with boiling water.
  - Glass Water Cruet – empty water and wash with boiling water.
  - Chalice – wash with boiling water and wipe dry.
  - Small Lavabo Jug – empty water and wipe dry.
  - Lavabo Bowl – empty water and wipe dry.
  - Ciborium – should not require washing but can be washed if you want to.
  - Bread box – extra wafers are returned to the plastic container.
  - Return all vessels to the tray and put in the cupboard.
- Take used linen home (the corporal and pall only need cleaning if they have wine on them)
- Remove any used psalm sheets (they can be recycled).
- Gather up any orders of service and place them on the back cupboard.
- Hang the chasuble and stoles in the cupboard.
- Check the Priest has signed the Service Register.

## CARE OF LINEN

Those who exercise this ministry are responsible for collecting, cleaning, ironing and returning

- purificators: small rectangular shaped linen
- corporals: large square linen
- pall covers: square envelope that encases a hard piece of cardboard
- tea towels: we all know what these are!
- hand towels: ditto.

**Purificators:** Most purificators will have some lipstick impregnated into the cloth. No linen is to be soaked in bleach as this will rot the material and shorten the life of our linen. The best agent for soaking linen, to my mind, is 'Napi San'. Soaking in this substance overnight prior to washing should rid the linen of lipstick or wine stains. When ironing purificators, use a light starch. Too much starch will rend the linen useless in absorbing moisture. The purificator is used to wipe the rim of the chalice and absorb any saliva or other matter from the sacred cup. Iron the wrinkles out of the material and fold into three equal width columns lengthways concealing inwards the hem and then fold the purificator lengthways and crease in the middle.



**Corporals:** This item is used like a serviette for collecting and reverently disposing of the crumbs which may fall into it from the consecrated bread. Clean the corporal in the manner described above. For ironing, again use a light starch, rid the material of wrinkles, and then fold. This is a little tricky, for the corporal is ironed inside out so to speak. Place the linen on the ironing board how it will appear on the Altar, that is, with the hem seams underneath and the cross in the centre closest to you. Please try and iron the corporal 'square' (not sloping side ways) avoiding unusually angles from the base line that will make accurate folding difficult. Fold the left side in-wards one third, then right side inwards one third to meet the left-hand crease. When the sides are all of equal proportion iron the creases so that they are nice and sharp. Then fold the top down one third and then the bottom up-wards one third to meet the top crease and iron in the creases.



**Pall Covers:** These covers are used to place over the chalice and contain some stiffener (cardboard) inside, usually cardboard or a thin sheet of hard plastic. Remove the cloth from the insert and clean as above. These items can be starched and fitted back over the piece of stiffener.

## **HANDOUTS**

Passing the Torch - An Anglican Angle - The Holy Eucharist  
Seasons & Colours

## **RESOURCES**

Australian Anglicans Worship / Charles Sherlock (2020)  
Handbook for Liturgical Assistants at the Eucharist / Anglican Church Southern Queensland (2014)  
A prayer book for Australia : a practical commentary / edited by Gillian Varcoe (1997)  
When we meet for Worship : a manual for using An Australian Prayer Book / Gilbert Sinden (1978)