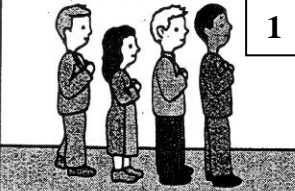



Receiving Holy Communion

As you approach the priest, deacon, or extraordinary minister of Holy Communion, be reverent and respectful. Walk with hands folded and eyes straight ahead. If there is a Communion song, join in the singing. If there is no song, think about the special gift you are about to receive.




1

The usual way to receive Holy Communion is while standing. You may choose to receive the host on your tongue or in your hands.




2

When it is your turn, first bow your head slightly to show your respect for Jesus.



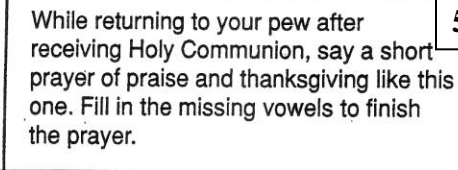
3

When the priest, deacon, or minister holds the host in front of you and says, "The Body of Christ," respond, "Amen." To receive the host in your hands, lay your left hand on top of your right hand, palms up, and hold your hands out. The host will be placed in your left palm. With your right hand, pick up the host and put it in your mouth. If you choose to receive on the tongue, tilt your head back, open your mouth, and move your tongue slightly forward so the host can be placed on it.



4

If you choose to receive the precious Blood, approach the minister, who will hold up the cup and say, "The Blood of Christ." Respond, "Amen." Take the cup with both hands, drink a sip from it, and carefully hand it back.



5

While returning to your pew after receiving Holy Communion, say a short prayer of praise and thanksgiving like this one. Fill in the missing vowels to finish the prayer.

J _ s _ s, my L _ r d and
S _ v _ _ _ r, th _ nk y _ _ _
f _ r the g _ ft of y _ _ _ r
B _ dy _ _ nd Bl _ _ _ d.



6

When you return to your pew, kneel or sit. Pray in thanksgiving for the gift Jesus gave you. Join in the song or pray in the silence.

Remember...

Before receiving Holy Communion, you should not eat anything or drink anything other than water or medicine for one hour.



It's your choice...

- You can choose to receive the host on your tongue or in your hands.
- You can choose to receive the precious Blood or not to receive it.