

Instructions for Receiving Holy Communion

1. Preparation for Holy Communion

- Fast from food and drink (except water and medicine): at least one hour before Communion unless you are sick or 60 years of age or older.
- Reconciliation: We are reconciled to God in the Mass before Holy Communion. But, if you are aware of serious sin, you should avail yourself of the Sacrament of Reconciliation before receiving Communion.

2. As you approach the minister of the Body of Christ, make a sign of Reverence.

- Bow the head before the Sacrament as a gesture – you should do this as the person in front of you is taking Communion. (You are not bowing to the priest; you are showing reverence to Christ.)

3. To receive the Eucharist:

- a. **IN THE HAND:** Extend the left hand – with your right hand cupped under it. (Do opposite if left-handed. Your dominant hand should be UNDER the other hand.) The minister will say “The Body of Christ” and you respond “Amen.” Then step to the side and carefully place the host in your mouth.
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- b. **ON THE TONGUE:** Keep your hands folded as you approach the minister. The minister will say “The Body of Christ” and you respond “Amen” then open your mouth wide and extend your tongue. Wait for the minister to place the Eucharist on your tongue and then you can close your mouth.

4. As you approach the minister of the Precious Blood, make a sign of Reverence.

5. The minister will hold the cup up and say “The Blood of Christ” and you respond “Amen.” Then take the chalice from the minister and take a small sip.

6. Carefully return the chalice to the minister.

7. Return to your seat, kneel and begin your Communion prayer.

8. You should remain kneeling until Communion has ended (if possible) and a Eucharistic minister takes any remaining hosts from the altar to the tabernacle.