

HOW TO RECEIVE JESUS IN HOLY COMMUNION

When I receive the consecrated Host, the Sacred Body of Christ, this is what I do:

- I walk to the altar with hands joined in the prayer position
- As I approach the altar, I think about Jesus whom I will receive.
- As my turn comes, the priest, deacon, or extraordinary minister of Holy Communion raises the Sacred Body of Christ, and I bow my head.
- When I hear the words, “The Body of Christ,” I respond, “Amen.” I can choose to receive the Sacred Body of Christ in my hand or on my tongue.
 - **If I choose to receive the consecrated Host in my hand**, I cup my left hand on top of my right hand (or the opposite if I am left-handed). After the Sacred Body is placed in my hand, I place it in my mouth. I swallow the Sacred Body. If necessary, I can gently chew the Host so it is easier to swallow.
 - **If I choose to receive the consecrated Host on my tongue**, I hold my head up and gently put out my tongue. After the Sacred Body is placed on my tongue, I swallow the Sacred Body. If necessary, I can gently chew the Host so it is easier to swallow.
- After I receive the Sacred Body of Christ, I will go to receive the Sacred Blood of Christ. (Optional: based on parental approval.)
- When I receive the consecrated wine, Jesus’ Precious Blood, from the chalice,
 - I first swallow the consecrated Host, the Sacred Body of Christ.
 - I move to the priest, deacon, or extraordinary minister of Holy Communion holding the chalice.
 - The priest, deacon, or extraordinary minister raises the chalice, and I bow my head.
 - When I hear the words, “The Blood of Christ,” I respond, “Amen.” Then I take the chalice with both hands and take a sip of the Precious Blood from the chalice.

After I receive Communion, this is what I do:

After receiving Holy Communion, I should return to my pew. I should kneel and spend time in quiet prayer. I can also join in singing Communion songs. I should remain kneeling until the Holy Eucharist is placed in the Tabernacle.

Remember: There is a Eucharistic Fast. We should not eat or drink for one hour before receiving Holy Communion. Water and medicine may be taken during the Eucharist Fast.