

+ HOW TO RECEIVE COMMUNION

As the person before you receives Communion, you make a simple **bow of reverence**, then step forward to receive the Body of Christ, holding your hands to receive the Host.

Father (or an Extraordinary Minister of the Eucharist) will say, **"The Body of Christ"**

You respond, **"Amen."**

As the person before you receives the Precious Blood, you make a simple **bow of reverence**, then step forward to receive the Blood of Christ.

Father (or an Extraordinary Minister of the Eucharist) will say, **"The Blood of Christ"**

We respond, **"Amen,"** taking the cup, sipping the wine and then returning the cup.

The children are encouraged to receive Communion under both species.

Following the reception of Communion, some individuals choose to make the sign of the Cross. Similar signs were used in ancient times to recognize the presence of a king, so making the Sign of the Cross is a sign that we recognize Jesus' presence in the Eucharist as well as a sign that one receives the blessing of His True Presence and the grace given through the celebration of the Sacrament. However, making the Sign of the Cross after reception of Communion is not required.

Finally, whenever you receive Communion, it is important to thank Jesus for coming to you in the sacrament of the Eucharist. The church teaches that: "The faithful are to be recommended not to omit to make a proper thanksgiving after Communion. They may do this during the celebration with a period of silence, with a hymn, psalm or other song of praise, or also after the celebration, if possible by staying behind to pray for a suitable time." (*Inaestimabile Donum*, 17).



Holy Communion under the form of bread is offered to the communicant with the words "The Body of Christ." The communicant may choose whether to receive the Body of Christ in the hand or on the tongue.

When receiving in the hand, the communicant should be guided by the words of St. Cyril of Jerusalem:

"When you approach, take care not to do so with your hand stretched out and your fingers open or apart, but rather place your right hand as a throne beneath your left, as befits one who is about to receive the King. Then receive Him, taking care that nothing is lost."

(Catechetical Lectures 23:22)

"Jesus Christ found a way by which He could ascend into Heaven, and yet remain on the earth. He instituted the Sacrament of the Eucharist so that He might stay with us and be the Food of our soul; that He might stay with us and be our Companion."

St. John Vianney