

Instructions on receiving the Holy Eucharist or Holy Communion

- Remember to fold your hands when coming up to receive Communion and also when returning to your seats. *Pointing toward heaven.*
- While you are in line, you need to be prayerful and reverent.
- As soon as you are in front of the Priest (or Eucharistic Minister of Holy Communion), make a slight bow with your head.
- Cup your hands as a throne to receive Jesus, holding them up near your heart
 - whichever hand you write with, put on the bottom of your "throne"
- After the priest says "Body of Christ," say AMEN loudly enough for the priest to hear you
- Use the bottom hand to pick up the host, and
- **Immediately** put the Body of Christ in your mouth.
- If you wish to receive on the tongue, then after you make a slight bow of your head and the priest says, "Body of Christ," say, "Amen" and open your mouth and stick out your tongue.
- When you receive the Blood of Christ, be sure to take the cup with both hands and take a very small sip.