

Receiving Communion

- 1) Stand up and enter the center aisle to join the Communion procession.
 - a. Place your hands in prayer position.
- 2) When the person in front of you is receiving the Body of Christ, bow your head and shoulders slightly as a sign of reverence and love for Jesus.
- 3) You can receive the Eucharist in the hands or on the tongue:
 - a. If receiving in the hands...
 - i. Prepare your hands, with both hands facing up and on top of each other and your dominant hand (throwing hand) on the bottom.
 1. Think of your hands as making a throne, an altar, or a table.
 2. Do this **after** you bow, **as** you walk toward Fr. Pat.
 - ii. Fr. Pat will say “The Body of Christ.”
 - iii. You respond “Amen!!”
 - iv. Once you receive the Eucharist in your hands, step to the side to allow the person behind you to receive, and immediately consume the Eucharist as you face the altar.
 - v. Return your hands to prayer position
 - b. If receiving on the tongue...
 - i. Keep your hands in the prayer position
 - ii. Fr. Pat will say “The Body of Christ.”
 - iii. You respond “Amen!!”
 - iv. Tilt your head back a little, open your mouth and stick out your tongue.
 - v. Fr. Pat will place the host on your tongue.
 - vi. Pull your tongue into your mouth and consume the Eucharist.
- 4) If you wish, join the procession to receive the Blood of Christ.
 - a. When the person in front of you is receiving, bow your head and shoulders slightly as a sign of reverence and love for Jesus.
 - b. The minister will hold the chalice in front of you and say “The Blood of Christ.”
 - c. You respond “Amen!!”
 - d. The minister hands you the chalice, which you receive firmly with both hands.
 - e. Take a sip of the Blood of Christ.
 - f. Hand the chalice back to the minister – make sure they have it before you let go!
 - g. Return your hands to prayer position.
- 5) Process back to your pew and kneel for your time with Jesus.
 - a. Talk to Jesus, tell Him thank you and tell Him you and your family’s needs.
 - b. Kneel with Jesus, let Him speak to you.
 - c. Sing with Jesus; join the Body of Christ in song.