Usage is encouraged for all.

Canon 916, A frequent reception of the Sacrament of Penance, says: "As so far as possible, the frequent reception of the Sacrament of Penance should be provided for, especially in the case of persons who have committed grave sins and are conscious of having committed such sins. A person who is conscious of having committed a grave sin, shall be supplied with the necessary means of spiritual assistance, and be directed how to receive the Sacrament of Penance. In order to be properly disposed to receive the Sacrament of Penance, they shall confess their sins and make a general confession of their sins and confess and sin." 

We encourage everyone to receive Holy Communion as often as possible. We recognize the importance of frequent reception and encourage all to participate in the celebration of the Eucharist. For further information, please contact the parish office.

Guidelines for the Reception of Communion

1. For those not receiving Holy Communion

2. For those receiving Holy Communion

3. For non-Catholics

4. For children

The Real Presence of Jesus in the Eucharist is

the moment (GC #141)

given by the Church in a real and unmediated way. This is the basis for all the Church's teaching on the Eucharist. The Eucharist's doctrine of the Body and Blood of Christ is not just a symbol but a reality. The Church teaches that Jesus is truly present in the Eucharist, through the power of the Holy Spirit, as the Body and Blood of Christ, in the words of consecration: "This is my Body. This is my Blood."
What the Eucharist is

..."And whatsoever you do in Christ's name, I will do it also in order to give glory to the Father." (CCC #1395)

..."The Church is the mystical Body of Christ, just as the human body is the body of the human soul..." (CCC #751)

"For as the body is one and has many members, and all the members of the body, being many, are one body, so it is also with Christ..." (1 Cor. 12:12-13)

..."And if anyone says: 'I belong to the Lord,' let there be a further response: 'In what way?' If one says: 'I eat with the Lord,' let there be a further response: 'And what do you eat with the Lord?" (CCC #1396)

..."The Lord's Supper, the Eucharist, is the moment when the Lord becomes present in a spiritual way: "The bread and wine become the Body and Blood of Christ..." (CCC #1397)

..."The Eucharist is the Sacrament of Love and Sacrifice..." (CCC #1398)

..."The Eucharist is not only a sacrifice but also a meal..." (CCC #1399)

..."The Eucharist is a sacrifice..." (CCC #1400)

..."The Eucharist is also a sacrifice..." (CCC #1401)

..."The Eucharist is a sacrifice..." (CCC #1402)

..."The Eucharist is a sacrifice..." (CCC #1403)

..."The Eucharist is a sacrifice..." (CCC #1404)

..."The Eucharist is a sacrifice..." (CCC #1405)

..."The Eucharist is a sacrifice..." (CCC #1406)

..."The Eucharist is a sacrifice..." (CCC #1407)

..."The Eucharist is a sacrifice..." (CCC #1408)

..."The Eucharist is a sacrifice..." (CCC #1409)