

From The Ultimate Catholic Quiz by Karl Keating (Ignatius Press; Ignatius.com)

Can you correctly answer this question?

Q. Holy Communion may be received by (a) anyone at all whose conscience tells him that it is the right thing to do; (b) any Christian wanting to manifest the unity that Christ willed for His Church; (c) Catholics in the state of grace, but not by most Protestants, even if they are in the state of grace; (d) Catholics who have committed mortal sins and have not gone to sacramental Confession, but are very sorry for them; (e) none of the above.

The answer is (c). The very act of receiving communion is a visible sign that you believe exactly as the Catholic Church teaches regarding all articles of faith, including the Real Presence. Most Protestants don't believe as Catholics believe. If you are "in communion" with the Catholic Church, then you may receive Communion in the Catholic Church.