

Directions on How to Receive Holy Communion

Your hands should be folded pointing to heaven while you are waiting in line to receive Holy Communion.

When the person in front of you is receiving Holy Communion, bow your head in reverence to Jesus whom you are about to receive. **(Bow before Monsignor as their won't be anyone in front of you today)**

If you are receiving Holy Communion in your hands, if you are right handed place your left hand on top of your right hand (like a cradle). If you are left handed, place your right hand on top of your left hand (like a cradle) Your hands should be open not closed and even with your chest.

If you are receiving Holy Communion on your tongue, you may keep your hands folded.

When it is your turn to receive Holy Communion, walk up to the Priest, Deacon, or Extraordinary Minister of Holy Communion. Stand as close to him/her as possible.

He/She will say, ***"The Body of Christ."*** You respond, ***"Amen."***

If you are receiving on the tongue, place your tongue out to receive Holy Communion. Then walk back to your seat slowly and reverently with your hands folded.

If you received Holy Communion in your hands, take one step to the left (if you are standing on the left) or one step to the right (if you are standing on the right). You should be facing the front of the church. **(For First Holy Communion this is not necessary)**

Place the consecrated Host (**the Body of Christ**) in your mouth. **BLESS YOURSELF.** Do not start walking back to your seat until you have done this. Fold your hands and walk back to your seat slowly and reverently.

When you return to your seat, you should kneel until everyone else in the church sits down (after the tabernacle is closed). This is a special time for you to talk with Jesus. Thank Him for coming into your life and into your heart.

