

## FOR THOSE RECEIVING COMMUNION

### WHEN?

“A person who is to receive the Most Holy Eucharist is to abstain for at least one hour before Holy Communion from any food and drink, except for only water and medicine.” (*Code of Canon Law, c. 919§1*) Chewing gum, breath mints, lozenges, etc. during the fast violates both the spirit and the letter of the Eucharistic fast.

### HOW OFTEN?

Frequent Communion is encouraged. Catholics may receive Holy Communion twice in the same day, provided the second time is during Mass which they attend (*Code of Canon Law, c. 917*). The reason for this is to discourage casual, indifferent reception of Holy Communion. (Priests with permission to celebrate Mass more than twice a day are exempt.)

### HOW?

“Those who will receive Holy Communion may receive either in the hand or on the tongue, and the decision is that of the individual receiving, not of the minister distributing Communion.” (USCCB, *The Reception of Holy Communion at Mass*)

Whether you receive in the **hand** or on the **tongue**, when the minister says, “The Body of Christ,” the communicant should audibly respond, “AMEN,” indicating by this response his or her belief that what they receive is not a small wafer of bread, that what is in the chalice is not wine, but are in reality the Body and Blood of Christ the Lord. (cf. USCCB, *Reception*)

### IN THE HAND

“If Communion is received in the hand, the hands should first of all be clean.” The open hands are laid one upon the other, with the palms wide open. The Host is laid in the open palm then taken by the other hand to the mouth. (USCCB, *Reception*)

Consume the Sacred Host in front of the minister. Do not walk away with the Host. If you wish, you may take one step to the side to consume Host.

“It is not appropriate to reach out with the fingers and take the host from the person distributing.” (USCCB, *Reception*)

### ON THE TONGUE

If you receive on the tongue, please tip your head back (especially if you are kneeling), open your mouth wide, stick your tongue out, and make sure your tongue is wet.

## FOR THOSE NOT RECEIVING COMMUNION

“ BECAUSE CATHOLICS BELIEVE THAT THE CELEBRATION OF THE EUCHARIST IS A SIGN OF THE REALITY OF THE ONENESS OF FAITH, LIFE, AND WORSHIP, NON-CATHOLIC CHRISTIANS WITH WHOM WE ARE NOT YET FULLY UNITED ARE ORDINARILY NOT ADMITTED TO HOLY COMMUNION. ”

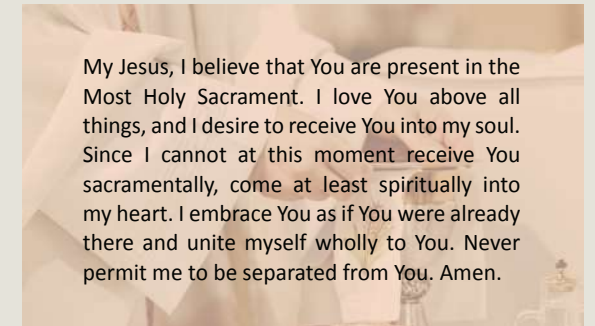
(USCCB, *Guidelines for the Reception of Holy Communion*)



Holy Communion is reserved for Catholics free of any unconfessed mortal sins.

Confession is held by appointment ([calendly.com/fatherdaniel](http://calendly.com/fatherdaniel)). It's also held in Anabel Taylor Hall G-17 (Father Dan's office) on **Wednesdays, from 2:00 - 4:00 PM.**  
Thursdays

If you are not eligible for Communion (e.g., need to go to Confession, have already received twice that day, or are not Catholic), you may come forward with your arms crossed for a blessing, or remain in your pew to pray. Staying in your pew to make a Spiritual Communion is encouraged. Below is an example prayer; feel free to personalize it.



My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

“ WE WELCOME OUR FELLOW CHRISTIANS TO THIS CELEBRATION OF THE EUCHARIST AS OUR BROTHERS AND SISTERS. WE PRAY THAT OUR COMMON BAPTISM AND THE ACTION OF THE HOLY SPIRIT IN THIS EUCHARIST WILL DRAW US CLOSER TO ONE ANOTHER AND BEGIN TO DISPEL THE SAD DIVISIONS WHICH SEPARATE US. ”

(USCCB, *Guidelines*)



*If you desire Communion but are not eligible, perhaps the Holy Spirit is inviting you to Confession or to explore becoming Catholic.*

“THE BREAD WHICH I SHALL GIVE FOR THE LIFE OF THE WORLD IS MY FLESH.”

John 6:15

## THE SAINTS ON THE EUCHARIST

St. Paul: "Anyone who eats and drinks [the Eucharist] without discerning the Body eats and drinks judgment upon himself." (1 Cor 11:29) "We appeal to you not to receive God's grace in vain." (2 Cor 6:1)

St. Cyril of Jerusalem: "Since Christ Himself has said, 'This is My Body,' who shall dare to doubt that it is His Body?"

St. John Chrysostom: "It is not the man [the priest] who is responsible for the offerings as they become Christ's Body and Blood; it is Christ Himself who was crucified for us. The standing figure belongs to the priest who speaks these words. The power and the grace belong to God. 'This is My Body,' he says. And these words transform the offerings."

St. Ignatius of Antioch: The Eucharist is the "medicine of immortality."

St. Thomas Aquinas: "The Eucharist is the sacrament of love: it signifies love, it produces love. The Eucharist is the consummation of the whole spiritual life."

St. Ignatius Loyola: "One of the most admirable effects of Holy Communion is to preserve the soul from sin, and to help those who fall through weakness to rise again."



A Note from  
**FATHER DANIEL MCMULLIN**  
on the  
**PROPER RECEPTION  
OF HOLY COMMUNION**



### MORE INFO FROM USCCB AND THE HOLY SEE



*Guidelines for the Reception of Holy Communion* (1996)



*Instruction Redemptionis Sacramentum on certain matters to be observed or to be avoided regarding the Most Holy Eucharist* (2004)



*The Reception of Holy Communion at Mass* (2011)