

HOW TO RECEIVE HOLY COMMUNION



As you approach Father Mike bow your head as a sign of reverence for the Eucharist.

Hold out your hands with one hand resting on the palm of the other (palm up). (Our writing hand is the hand on the bottom).

Father holds the host and says the "Body of Christ". We respond "Amen".

When receiving in the hand, one hand is place under the other. The host is placed in the hand on top and with the other hand (our writing hand) we reverently place the Host in our mouth.*

When we are back in our pew we kneel and talk to Jesus, thanking Him for coming to us and for all His blessings.

*One common issue we have when children receive is "popping" the host into the mouth instead of taking it with the other hand and placing it in the mouth. When reviewing how to receive, please emphasize the proper way of putting the host in the mouth with the children.

Important - Please emphasize to children that they must place the Host in their mouths immediately; if you walk away with the Host in your hand, the priest or minister will stop you.