



Receiving Holy Communion

Practice Directions

Prior to the Holy, Holy the Priest will speak the following words. Please practice the refrain with your child so they can answer loud and clear when asked.

Priest: The Lord be with you. **All:** **And with your spirit.**

Priest: Lift up your hearts. **All:** **We lift them up to the Lord.**

Priest: Let us give thanks to the Lord, our God. **All:** **It is right and just.**

Doxology and Great Amen:

Priest: Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.

All: **Amen!** [*may be sung more than once*]

Priest: At the Savior's command and formed by divine teaching, we dare to say:

All: **Our Father, who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.**

Priest: Deliver us, Lord, we pray, from every evil, graciously peace in our days, that by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

All: **For the kingdom, the power and the glory are yours now and forever.**

Priest: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the Supper of the Lamb.

All: **Lord, I am not worthy that you should enter under my roof, but only say the word
and my soul shall be healed.**



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We teach the children how to receive Communion in the hand.

Receiving the Body of Christ in the hand:

As your child approaches the priest or deacon, they walk towards them with their hands in prayer position. Explain to the children they should not reach for the Host to take from the priest or deacon's hand.

1. They step up to the priest so that he does not have to reach. This way we are careful not to let Our Lord drop on the floor. (explain to the children not to reach for the Host)
2. Once they reach the priest or deacon, they will bow & then pull down their mask.
3. They should place their hands like a cup, so they are ready to receive the Host – The hand that they DO NOT WRITE WITH will be on the top.
4. The priest/deacon will say “Body of Christ”
5. They reply “Amen” and
6. The priest will then place the Host into the hand that they DO NOT WRITE WITH.
7. With the HAND THEY WRITE WITH, they take the Host and put it in their mouth. They do not walk away until they have put the **Host in their mouth and blessed themselves.**
8. After they bless themselves, they will replace their mask.
9. They then return to their place in the pew with their family, **kneel** and make a quiet act of prayer talking to Jesus and thanking Him for the gift of Himself.

Try to practice at least several times with your child. You may use small pieces of bread or wafers but be sure to explain that the host does not have any taste at all and is very thin.

We will practice at your child's rehearsal. Make sure a parent accompanies the child to rehearsal. We will practice approaching the altar to receive the Eucharist.