



How To Properly Receive The Eucharist



In honor of Jesus, we do not eat or drink anything,
unless it is water or medicine, for one hour
before we receive Holy Communion.

Never have anything in your mouth
No gum, candies during the Mass.



You can receive the Host in your hand.
Hold out your hands, palms up,
one hand resting on the other.
The priest holds up the Host
And says
"Body of Christ."
You answer "Amen."
The Host is placed on your top hand.
With the other hand,
Place the Host on your tongue **before** walking
and eat it normally.



You can receive the Host on your tongue.
The priest holds up the Host
and say's
"Body of Christ."
You answer "Amen."
Hold out your tongue.
The Host is placed on it.