The signs of bread and wine become, in a way surpassing understanding, the Body and Blood of Christ.”

Catechism of the Catholic Church, 1333.

Where may I receive Holy Communion?

Catholics receive the Eucharist at the celebration of the Mass.

In certain circumstances Holy Communion may be received outside of the Mass:

*Home:* Homebound Catholics may request a Communion visit by calling their parish.

*Hospital:* Hospitalized Catholics should indicate at admission that they are Catholic and desire Holy Communion. Ask the staff to contact the priest assigned to the facility, or request a visit from your pastor by calling the parish office.

*Long-term care facilities:* Catholics at these residences often have access to Mass and Holy Communion at the facility. Please make your desire to receive known to the staff.

*Hospice:* These agencies provide for the spiritual needs of their patients. Ask the staff to arrange a visit from a priest to receive Holy Communion.

In general, Catholics are obligated to receive Holy Communion at least once a year.

For more information on Health Care Ministry in the Diocese of Providence, visit www.dioceseofprovidence.com or contact Father Albert Ranallo at (401) 783-4411 or healthcarestanns@yahoo.com
What is the Sacrament of the Eucharist?

The Eucharist is known by many names: The Body and Blood of Christ, The Lord’s Supper, Holy Communion.

Jesus gave us the gift of himself—the Eucharist—at the Last Supper. Catholics believe that by the power of the Holy Spirit, and the prayers offered by the priest at the consecration, transubstantiation takes place. The bread and wine are changed into the Body and Blood of Christ.

The bread and wine are not symbols: They become the Real Presence of Christ.

Who may receive Holy Communion?

In general, only Catholics who have:
- examined their conscience and are free from serious sin;
- offered prayer;
- properly prepared by fasting.

Who may distribute Holy Communion?

The ordinary minister of the Eucharist is a bishop, priest, or deacon.

Members of the faithful, known as extraordinary ministers of Holy Communion, may distribute the sacrament:
- at Mass;
- to the homebound;
- in hospitals;
- in long-term care facilities.

These volunteers from their parish are nominated by their pastor and are appointed by the bishop of the diocese. Such ministers must meet all of the requirements set by the health-care facility.