

## **How to Receive Holy Communion or Eucharist**

### **As you prepare to receive Holy Communion:**

Participate in Mass and sing the Eucharistic hymn along with the rest of the assembly. When the time comes, join the Communion line as normal. Please make sure to fold your hands reverently as you stand in line. Right before you reach the minister of the Eucharist, make a small bow of the head. This small head bow is a simple acknowledgement of the Real Presence of Jesus Christ in the Holy Communion. This head bow should be small and simple, not a big waist bow. You should not genuflect in the communion line. The head bow should be done as you approach the minister of the Eucharist.

**When you receive Holy Communion**, you have two options. You may receive Holy Communion in either the hand or the mouth.

To receive Holy Communion in the hand, place one hand above the other, making a throne for the Lord. Look the Eucharistic minister in the eyes as he or she says, "The Body of Christ." You will reply, "Amen." Wait for the Eucharistic minister to place the host into your top hand, and then use your bottom hand to pick up the host and place it into your mouth. You may choose to receive Holy Communion in the mouth instead.

When receiving the Precious Blood from the chalice, remember to make a small head bow as you approach the chalice. (Christ has a Real Presence in the Precious Blood, too!) Again, look the Eucharistic minister in the eyes as he or she says, "The Blood of Christ." You will reply as before, "Amen." Let the Eucharistic minister hand you the chalice. Hold it using two hands, take a sip and then hand it back to the Eucharistic minister.

### **After receiving Holy Communion:**

As you return to your pew, fold your hands in reverence as you did when you approached. When you return to your pew, reflect on the mystery of the Holy Eucharist in your life while singing along to the hymn.