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ONCE YOU UNDERSTAND THE EUCHARIST, YOU CAN NEVER LEAVE THE CHURCH. NOT BECAUSE THE CHURCH WON'T LET YOU BUT BECAUSE YOUR HEART WON'T LET YOU.

PROPER RECEPTION OF HOLY COMMUNION

Approach the altar with reverence, and give a bow. Stand with your left hand under the right (or vice versa if you are left-handed) and form a throne for King Jesus. Allow the Priest or Communion Minister to place the Body of Christ on the palm of your hand, while they say "Body of Christ". You respond aloud, "Amen". Another way is to receive on the tongue. If someone can't receive with both hands as described above, if carrying a cane for example, then the Host should be received on the tongue. A note about the Cup: Receiving communion under both types is not required, but if you choose to receive the Precious Blood, first bow. The Priest or Communion Minister hands you the cup as they say "Blood of Christ". You respond aloud, "Amen". Return to your seat and spend some time in prayers of gratitude. On your way to and from Communion,



it is never proper to greet others.

This is your one-on-one time with Jesus!

Allow Him to nourish you with His presence!

Saying 'Amen' means we firmly believe that Jesus is truly present in the Eucharist!

Serious sin must always be confessed before receiving Communion. Confession is available 30 minutes before every Mass.

Missing Sunday Mass without a good reason must always be confessed prior to receiving Communion.

Refrain from eating or drinking for one hour before Mass.

KINDLY SHARE THIS WITH FRIENDS OR FAMILY WHO ARE RETURNING TO THE CHURCH.

SEE 'RECEIVING COMMUNION' ON OUR WEBSITE, WWW.OLGSPLAJUNTA.ORG