

PROCEDURES FOR DISTRIBUTION OF HOLY COMMUNION

Gesture before Receiving Communion

- When receiving Communion, the communicant bows his or her head before the sacrament as a gesture of reverence and receives the Body of the Lord from the minister.
- When communion is received under both kinds, the sign of reverence is also made before receiving the Precious Blood.

Giving the Host: “The Body of Christ”

In giving Communion, the minister holds a host slightly above the vessel, looks at the communicant and says in a clear voice: “The Body of Christ.” The communicant responds: “Amen.” The minister then gives Communion, respecting the option of the communicant to receive either in the palm of the hand or on the tongue.

- * When receiving on the tongue, please make sure your tongue is extended far enough that the minister can place the host on it. Do not take the host out of your mouth for any reason.
- * When receiving in the palm of your hand, put your left hand on top of your right and when the host is placed in your hand step to either the right or left and place the host in your mouth using your right hand (reverse hands if you are left handed). **YOU SHOULD CONSUME THE HOST IMMEDIATELY. NEVER RETURN TO YOUR PEW OR WALK AWAY WITH THE “BODY OF CHRIST” IN YOUR HAND. IF A PRIEST/DEACON/ EUCHARISTIC MINISTER WITNESSES A PERSON LEAVING WITH THE HOST IN HIS/HER HAND THEY SHOULD STOP THE PERSON AND MAKE SURE THAT THEY PLACE THE HOST IN THEIR MOUTH.**

Giving the Cup: “The Blood of Christ”

In administering the cup, the minister holds the cup up slightly and says in a clear voice while looking at the communicant: “The Blood of Christ.” The communicant responds: “Amen.” The minister then gives the cup to the communicant who takes it entirely into his/her hands, drinks from it and returns it to the minister. Then the minister wipes the rim of the cup with the purificator, gives the cup a quarter turn, and offers it to the next communicant.