

Lord Jesus, Increase our Faith!



For those receiving Holy Communion:

Receiving in the hand:

Walk up to the priest or minister and stop - Place your left hand on the top of your right hand, thus creating a throne for the Eucharist. The priest says "The Body of Christ" and you say clearly, "Amen."

After the host is placed on your left hand use your right hand to place it in your mouth to consume the host.

Fold your hands in prayer and walk back to your pew.

*Receiving on the tongue**:*

Walk up to the priest or minister with hands folded and stop - Priest lifts the Host and says "The Body of Christ." You clearly respond, "Amen," open your mouth and extend your tongue.

Fold your hands in prayer and walk back to your pew.

***You may also choose to kneel on the kneeler to receive holy communion on the tongue.*

For those not receiving Holy Communion:

Fold your arms across your chest, stop in front of the priest or minister of Holy Communion to receive a blessing. They will say: "Receive the Lord Jesus in your heart"

OVERALL: Emphasize reverence and respect for Jesus, truly present in the Holy Eucharist.

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