

I Respect These Rules for Receiving Holy Communion

- I fast for one hour before receiving Holy Communion. I do not have any food or drink, except water or medicine.
- I am in the state of grace, free from mortal sin.
- I receive Holy Communion regularly.
- I participate at Mass on Sundays and on holy days of obligation.
- I receive Holy Communion at least once each year during the Easter season.

I Receive Holy Communion with Reverence

- When the Body and Blood of Christ are offered to me, I bow.
- To receive Holy Communion in my hands, I extend my hands with my palms facing up, dominant hand below the other hand.
- The priest or the extraordinary minister of Holy Communion says, "The Body of Christ."
- I reply, "Amen."
- After receiving the Body of Christ, I pick it up with my dominant hand and place it in my mouth.
- If I choose to receive Holy Communion on my tongue, then after I say, "Amen," I fold my hands, open my mouth, and extend my tongue. After the Body of Christ has been placed on my tongue, I close my mouth.
- The priest or extraordinary minister of Holy Communion offers the chalice and says, "The Blood of Christ."
- I reply, "Amen."
- I then take the chalice in my own hands.
- I sip a small amount of the Blood of Christ and then return the chalice.
- After receiving Holy Communion, I return to my place in church and pray.

