

How to Receive Holy Communion



When the person in front of us is receiving the host we bow our head as a sign of reverence.

When it is our turn we move forward holding our hands with one hand resting on the palm of the other. (Our writing hand is the hand on the bottom).

Father or the Eucharist Minister holds the host and says the “Body of Christ”. We respond “Amen”. When receiving in the hand, one hand is placed under the other forming a cup. The host is placed in our cupped hand and with the other hand (our writing hand) we reverently place the Host in our mouth.*

When we are back in our pew we kneel and talk to Jesus, thanking Him for coming to us and for all His blessings.

*One common issue we have when children receive is “popping” the host into the mouth instead of taking it with the other hand and placing it in the mouth. When reviewing how to receive, please emphasize the proper way of putting the host in the mouth with the children.

Important – Please emphasize to children that they must place the Host in their mouths immediately; if you walk away with the Host in your hand, the priest or minister will stop you.