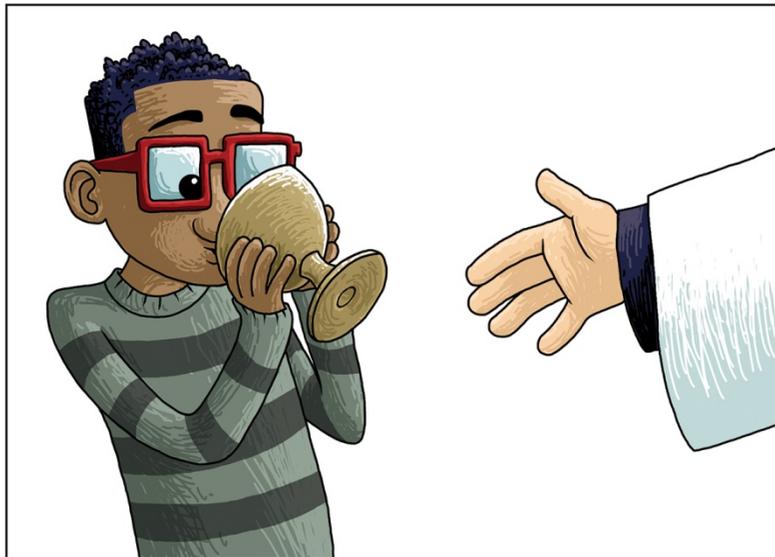


## Receiving the Blood of Christ

Another priest or a minister with a chalice will be standing near the priest with the hosts.

- Stand in front of this priest or minister.
- The priest or minister will say, **"The Blood of Christ"**.
- You reply, **"Amen"**.
- The priest or minister will offer you the chalice.
- Take hold of the chalice firmly with both hands and take a sip of the Precious Blood of Christ.
- Give the chalice back to the minister carefully, return to your place in church and quietly say a Prayer of Thanksgiving.



## Heart Speaks to Heart The Gift of Holy Communion

### HOW TO RECEIVE HOLY COMMUNION



When we are hungry our tummies rumble and we begin to feel weak: we need food to restore our energy. Holy Communion is our spiritual food: in Holy Communion we are given the strength and energy we need to fight sin and to live the life of Jesus.

Jesus is present in Holy Communion. To help us prepare to meet Him in Holy Communion we take time to be still and to pray. We wait our turn to join the Communion Procession of people who are moving towards the front of church to receive Holy Communion.

**Remember: Jesus is present.  
We approach Him with reverence and deep joy.**

## Receiving the Body of Christ

When you reach the priest at the front of church:

- The priest will hold up a small host before you.
- The priest will say, "**The Body of Christ**".
- You reply, "**Amen**".



You may receive the Body of Christ **either** in your hand **or** on your tongue.

### On the tongue:

- When you reach the priest and stand before him, your hands should be joined in prayer (so that the priest knows that you wish to receive the Body of Christ on your tongue).

- The priest will show you the host and say, "**The Body of Christ**".
- You say, "**Amen**".
- Open your mouth and extend your tongue.
- The priest will place the host on your tongue.
- Consume the host and move away from the priest with reverence.



### In the hand:

- When you reach the priest and stand before him, one of your hands should be placed on top of the other like a throne to receive Jesus.
- The priest will show you the host and say, "**The Body of Christ**".
- After you have said "**Amen**", the priest will place the Body of Christ onto the palm of your top hand.
- With your bottom hand, reverently place the host in your mouth.
- Only when you have placed the host in your mouth do you move away.

