

## Communion Tips

The Roman Catholic Liturgy is highly ritualized because words, gestures, and positions at Mass represent our inner convictions and beliefs along with reverence and respect. We offer these directives for those who may need them:

As one approaches the Clergy or the Minister to receive the Sacred Body and the Precious Blood a bow of the head or body or a genuflection is made---a sign of our reverence and belief.

When Communion is taken orally the mouth is open and the tongue is placed over the lower lip. Otherwise, the Minister would have to put his or her fingers with the Sacred Host into the mouth which can be unhygienic for the Minister as well as for the Communicant.

When Communion is taken in the hand, the hand that you eat with is placed under the other hand, thereby making a throne for the Presence of Christ's body and blood. The Sacred Host must never be taken from the Minister with the fingers or with one hand. Never dip the Sacred Host in the Precious Blood.

When the Minister says: "The Body of Christ" please respond in a voice loud enough for the Minister to hear: "Amen." Just as you must hear the minister, so the minister must hear you. This response signifies that you believe in what you are receiving. Neglecting to say "Amen" might convey to the Minister that one is not qualified to receive the Eucharist. Although it is very polite to say "Thank You" only "Amen" should be said at this moment.

When receiving in the hand, please step to one side and immediately place the host in your mouth. Never carry the Sacred Host with you. This might expose the Sacred Host to abuse. Never leave the church immediately after receiving Communion. This would be very disrespectful. One can always spare a couple of minutes with the Lord even when in a hurry. When you return to your place, please join in singing the hymn which is our community act of thanksgiving. After the hymn is concluded we may add our personal reflection and prayer.