

IS OUR COMMUNION “HOLY”?

The great test for us in answering this question is examining **the manner and the reverence** with which we receive the Eucharist. This list of reminders is important for us all, to acknowledge what we are doing and Whom we are receiving sacramentally. There are proper practices for receiving Holy Communion that need to be respected.

If receiving **in the hand**, please—

1. make a reverential **bow**
2. **one hand under the other**, to “make a throne for your Lord,” as St. Cyril of Jerusalem said.
3. make a clear and loud **“Amen!”**
4. **no grabbing**—allow the priest or minister to place the Eucharist in your extended hand (accidents happen this way)
5. make sure your hand is open enough to receive the Host, but not flat.
6. place the Eucharist in your mouth **before you move away** from the minister

If receiving **on the tongue**, please—

1. make a reverential **bow**
2. make a loud and clear **“Amen!”**
3. open your mouth **wide but relaxed** (think of a dentist’s request)
4. extend your tongue **fully but moderately** (no tips only through pursed lips; no touching your chin...)
5. **stand still** (really, really important)
6. **no biting** or any other kind of “helping” the minister place Holy Communion on your tongue—**let the minister actually do the placing**
7. especially **if your mouth is dry**, draw your tongue back into your mouth **slowly** (yes, the Eucharist has been flipped off folks’ tongues before)

If receiving **from the chalice**, please—

1. make a reverential **bow**
2. make a loud and clear **“Amen!”**
3. do not jerk the chalice, and make sure the minister’s hands are firmly on it when you finish—**slow and steady is the rule** here (we don’t want spillage)

In all cases, thank God for the mercy and love that has been poured into our hearts (Rom. 5:5) especially through the gift of Eucharist. The thanksgiving can be one of private prayer and adoration, and it can also be one of singing one’s joy and gratitude. But in all cases, while receiving the Sacrament or afterward, **let’s do everything with attentiveness, with reverence, and with faith.**