

RECEIVING THE BODY OF CHRIST:

Step 1: REVERENCE THE BODY OF CHRIST:

When receiving the Body of Christ, the communicant approaches the priest/deacon/ minister of Holy Communion, then makes a simple bow of his or her head before the sacrament as a gesture of reverence. (cf. GIRM #160)



STEP 2: RECEIVE THE BODY OF CHRIST AND RESPOND "AMEN":

The communicant extends his/her cupped hands to receive the Body of Christ and responds "Amen" to the invitation of the priest, deacon or the minister of Holy Communion. The proper and only permissible form for distributing Holy Communion is to offer the consecrated bread by saying, "The Body of Christ." The communicant responds, "Amen" indicating by that response his or her belief that this bread and wine are in reality the Body and Blood of Christ the Lord. No other words or names should be added; and the formula should not be edited in any way. (cf. GIRM #284-287 and NORMS #41, 43)



STEP 3: CONSUME THE BODY OF CHRIST:

"The consecrated host may be received either on the tongue or in the hand at the discretion of each communicant." (cf. NORMS #41) The communicant receives the Body of the Lord from the minister and consumes it immediately before walking to receive from the cup or returning to the pew. It is not appropriate to reach out with the fingers and take the host from the person distributing.



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RECEIVING THE BLOOD OF CHRIST:

STEP 1: REVERENCE THE BLOOD OF CHRIST:

When receiving the Blood of Christ, the communicant approaches the minister of Holy Communion, then makes a simple bow of his or her head before the sacrament as a gesture of reverence. (cf. GIRM #160)



STEP 2: RECEIVE THE BLOOD OF CHRIST AND RESPOND: "AMEN":

The communicant extends his/her hands to receive the chalice and responds "Amen" to the invitation of the priest, deacon or the minister of Holy Communion. The proper and only permissible form for distributing Holy Communion is to offer the consecrated wine by saying, "The Blood of Christ." The communicant responds, "Amen." No other words or names should be added; and the formula should not be edited in any way. (cf. GIRM #284-287 and NORMS #41, 43)



STEP 3: CONSUME THE BLOOD OF CHRIST:

The Minister of Holy Communion hands the chalice to the communicant. The communicant himself/herself raises the chalice to his/her lips. The communicant then hands the chalice back to the minister and withdraws, while the minister wipes the rim of the chalice with the purificator. (cf. GIRM #286) It is never permissible for a person to dip the host he or she has received into the chalice. If, for some reason, the communicant is not able or willing to drink from the chalice then that person should receive only the Eucharistic bread.



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