



Eucharist: Receiving Communion

The Mass is the celebration of the **Eucharist**. We receive the **Body and Blood of Christ** in the Eucharist. This is called **Holy Communion**. The bread and wine of the Eucharist become the Body and Blood of Christ. This happens through the power of the Holy Spirit and the words of **consecration** prayed by the priest. What looks like bread and wine is no longer bread and wine. It is really Jesus.

Celebrating Eucharist

To celebrate Eucharist, we participate in the whole Mass. We gather, sing and pray. We listen to God's Word from the bible and in the homily in the **Liturgy of the Word**. We offer our gifts, pray along as the priest prays the Eucharistic Prayer, and receive Jesus in **Holy Communion** in the **Liturgy of the Eucharist**.

Holy Communion

Follow these steps to receive communion and to show reverence and respect for the Eucharist:



1. Procession: We walk slowly in procession to receive the consecrated bread at the altar. We fold our hands or hold them respectfully in front of us as we process. We think about how we are giving ourselves to Jesus as we receive the bread of life.



2. Receiving the Bread: The Eucharist is offered to us, usually in the form of unleavened bread called a "**host**."

- a.** We place our hands together, palms up with one hand on top of the other ready to receive the bread. (*If we will receive on the tongue, we keep our hands folded.*)
- b.** The priest, deacon or Eucharistic minister says, "The Body of Christ."
- c.** We bow our heads reverently to honor Jesus present in this sacrament. We look at the priest, deacon or Eucharistic minister and say, loudly and clearly, "Amen."
- d.** We receive the consecrate bread in our hand, step to the side, pick it up with our other hand, and eat it. (*To receive on the tongue, we keep our head straight, stick out our tongue far so the host can easily fit on it, and eat the host, careful not to touch Father's or the Eucharistic Minister's fingers with our tongue or mouth.*)

3. Receiving the Wine: If we receive from the chalice, the chalice of consecrated wine is offered to us. *Though you do not have to receive from the chalice, we strongly encourage you to receive from the chalice for your First Communion.*



- a. The priest, deacon or Eucharistic minister says, "The Blood of Christ."
- b. We bow our heads reverently. We look at the priest, deacon or Eucharistic minister and say, loudly and clearly, "Amen."
- c. We receive the chalice with both hands and drink from it. We smile after drinking from the chalice, even if we do not like the taste. We remember the wine is really Jesus.
- d. We fold our hands prayerfully and return to our seats and pray quietly to God after Communion. We thank God for the many gifts we have from God. We join in singing the Communion Song.

Here are some ways to show reverence and respect for other persons who are the body of Christ:

- We wait reverently for our turn. We are aware of others around us.
- We give others the sign of peace and thoughtfully pray the Our Father.
- We pray for others who are receiving the Eucharistic meal together with us at the table of the Lord.
- We sing the communion song with the community.
- We keep a reverent silence (except for the song) after we have received the Body and Blood of Christ

Concluding Rites: The celebration of the Eucharist or Mass ends with the Concluding Rites. We receive God's blessing. The deacon or priest sends us forth using these or similar words, "Go and announce the Gospel of the Lord." We respond, "Thanks be to God."

Living the Eucharist: We show our thanks to God when we try our best to live as Jesus taught. We try to love one another. We do things that are difficult to do because of our love for God and for others. When we do this, we love God and people as Jesus did. Going to Mass every Saturday night or Sunday helps us live as Jesus taught.

