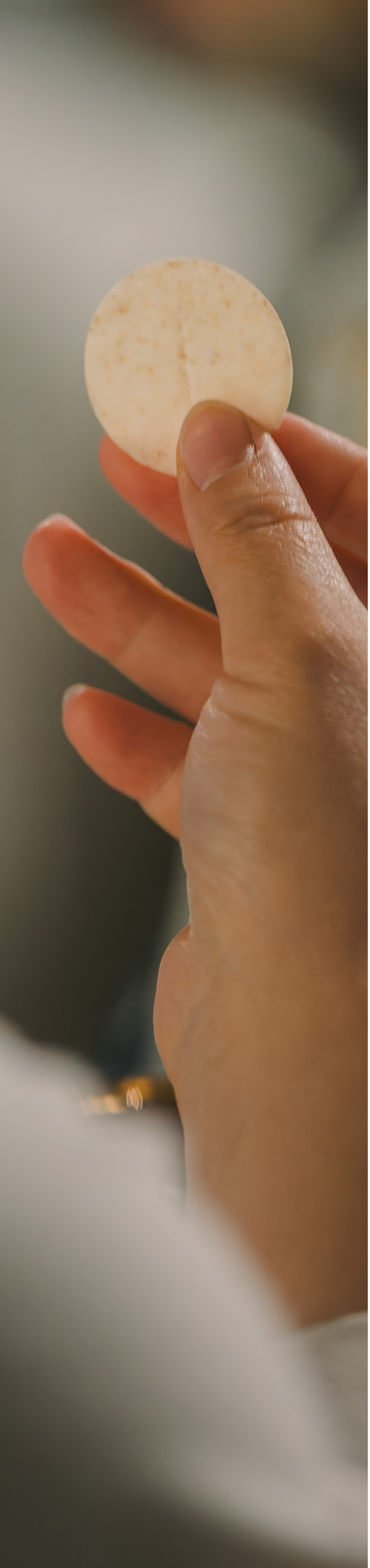


DIOCESE OF ORANGE | OFFICE FOR WORSHIP

Holy Communion

Guidelines *for* Receiving The Eucharist

The Eucharist is the source and summit of the Christian life. Our Lord Jesus Christ is truly present under the appearances of bread and wine, in every particle and drop. When we approach the altar, we are invited to pray, reflect and receive with deep faith and adoration. The Eucharist is always received as a gift, never taken. Let us renew our devotion and prepare our hearts to participate in Holy Communion.

GUIDELINES FOR RECEPTION

Receiving in the hand

- **Form a throne** with your dominant hand under your non-dominant hand, palms flat.
- **Stand still or kneel** as the minister places the Host in your open hand.
- **Step aside**, use your dominant hand to pick up the Host, and **consume it immediately** in view of the minister.
- **Check your palm** and fingers for any remaining particles of the Host and consume them.

Receiving on the tongue

- **Approach the minister calmly**, standing or kneeling.
- **Open your mouth fully** and extend your tongue for a flat surface.
- **Tilt your head back slightly and remain still** while the minister places the Host.
- **Avoid biting, lunging, or closing your mouth too quickly**; let the Host come to you.

REVERENCE IN PRACTICE: ETHICAL REMINDERS

- **Never have gum, candy, or food in your mouth during Communion.**
- **Keep hands free**; carry items or children only if receiving on the tongue.
- **Do not wear gloves or cover your hands** with sleeves when receiving in the hand.
- **Remove masks** before approaching the minister.
- **Consume the Host immediately;** do not walk away with it.
- **If you are unable to receive Communion, you may remain in your pew and pray.**

WATCH OUR CATECHETICAL VIDEOS

Click or Scan the QR code to watch our 4-minute video on the guidelines for receiving The Eucharist brought to you by The Diocese of Orange.

Roman Catholic Diocese of Orange