



THE GENERAL INSTRUCTION OF THE ROMAN MISSAL

The proper way to receive communion

As you approach the Body of Christ, **1st action-BOW**, (not a head nod), as is a sign of reverence to the Blessed Sacrament. **2nd action**-place hands out to receive after saying "AMEN." Bowing and placing your hands out is **NOT done together**. It is a 2-step process, show of reverence, then you receive. If you receive in your hand, **YOU MUST CONSUME the Body of Christ IMMEDIATELY**. No one is to walk away from the Priest or Eucharistic minister with the consecrated host in their hand. The Priest or Eucharistic Minister **will come behind you to make sure the consecrated host has been consumed**. This may be uncomfortable for you or embarrassing, **but we do not want consecrated hosts left to the unknown**. (The Body of Christ has been found lying on floor in the back of the church)



There are 2 parts of communion, the Body of Christ and the Blood of Christ. **BOTH deserve our respect**. Lots of times we choose not to receive the Blood of Christ and that is acceptable, **but the respect is still expected to be shown** with a **BOW** just as we **BOW** to the Body of Christ. **Reminder**: Stop....**BOW** to the Blood of Christ....proceed to your seat. If you do choose to receive the Blood of Christ, again it is a **2-step process**, just like the host. **1st action-BOW**, **2nd action**-place hands out to **receive the cup from the minister** after saying "AMEN."

The faithful are to receive communion from the minister, **they are not to take the host OR the cup for themselves**. Receiving The Blessed Sacrament is an action of communion, not only with the Lord, but with the person.



The action is one of reception and not taking.