

## **Week Six: Receiving Jesus in Holy Communion**

First Eucharist will be celebrated on the weekend of May 6 & 7, 2017, at the 4:30 P.M. Vigil and 7:00 A.M., 9:00 A.M., 11:00 A.M., and 5:30 P.M. Sunday Masses.

When you receive First Communion, please:

- Walk to the altar with your hands folded in prayer.
- Think about Jesus, whom you will receive.
- As your turn comes, place your left hand on top of your right hand.
- When you hear the words “the Body of Christ”, answer “Amen”.
- After the Host is placed in your hand, place the Host in your mouth, and chew and swallow it.
- If you choose, you may then move to the Eucharistic Minister holding the cup.
- When you hear the words “the Blood of Christ”, answer “Amen”.
- Take a sip from the cup.
- Return to your seat with your hands folded in prayer.
- Pray in thanksgiving for Jesus’ sacrifice so that we may have eternal life.

Eucharistic Fast: As a sign of respect and reverence for Jesus in the Eucharist, we may not eat or drink for one hour prior to receiving Holy Communion.

When we receive Holy Communion, we must always be in the state of grace – without mortal sin. Please remember to celebrate the Sacrament of Reconciliation when necessary.