Directives on Receiving Communion and Taking Communion to the Sick:

Receiving Communion at Mass:

When you come forward to receive Communion at Mass, you may receive in the hand or on the tongue. If you receive on the hand, please make a "throne" with your primary hand underneath your non-primary hand. Hold your hands up towards the Priest or Eucharistic Minister (EM), to make it easy for them to place the Blessed Sacrament in your hand. If you receive on your tongue, please be sure to open your mouth wide and extend your tongue to make sure the priest/EM can easily place the Eucharist on your tongue. Look the priest/EM in the eyes.

The priest/EM will say "The Body of Christ" and place the Eucharist in your hand or on your tongue. You reply by saying "Amen". If receiving on the hand, use your primary hand to immediately place the Eucharist in your mouth. After receiving in the hand or on the tongue, make the sign of the cross and return to your pew. You should always consume the Eucharist immediately in front of church. Do not carry it back to your pew.

If you receive the Precious Blood, approach the priest/EM and look them in the eyes. The priest/EM will say, "The Blood of Christ". You respond "Amen". Carefully take the chalice in your hand and take a sip. Return the chalice to the minister, being careful that they have a good grip on the chalice. Make the sign of the cross, and return to your pew.

Taking Communion to a loved one:

If you need to take communion back to a loved one in your pew or at home, we always use a small metal container called a pyx (*picks*) to transport the Blessed Sacrament. Please do not use a plastic bag or tissue. This ensures that the Blessed Sacrament is treated with the utmost respect. If you need a pyx, please ask an usher, sacristan or Deb Hamm for one. You may keep it as long as you need it. After Communion, Father will invite anyone who is taking Communion to a loved one at home to come forward to receive Communion in a pyx and receive a blessing from the priest and congregation.