



**WHEN WE RECEIVE JESUS  
IN HOLY COMMUNION  
WE WELCOME HIM WITH  
OUR WHOLE BODIES,  
MINDS AND SPIRITS**

Here Are The Steps to Follow When You Receive Communion

When it is your turn to receive the consecrated host, stand in your pew and turn toward the aisle, keeping your mask on.



Fr. Jerry will come to your pew.  
Bow your head in respect to the Lord.



Hold your hands out with the palms up, place one hand underneath the other, and cup your hands slightly.



Fr. Jerry says, "the body of Christ."  
You answer, "Amen."  
Fr. Jerry places the host in your cupped hand.



When Fr. Jerry moves to the next person, carefully remove one side of your mask using the hand that does not have the host in it. Using that hand, carefully take the host from your palm, and put it in your mouth.

Put your mask back on, and make the sign of the cross.  
Chew (*with a closed mouth*) and swallow the host.



Say a prayer of thanksgiving to Jesus.