

## How Do I Receive the Eucharist?

*In the Holy Eucharist we receive the very Body and Blood, Soul and Divinity of Jesus Christ*

### The Eucharist

- Gives us innumerable precious graces.
- Is an intimate encounter with Christ.
- Deepens unity with the Church, more fully assimilating us into Christ . We sacramentally receive Him into our bodies, that we may be more deeply assimilated into His.
- Strengthens the individual because it is Jesus Himself, the Word made flesh.
- Forgives our venial sins and gives us the strength to resist mortal sin.
- Is the very channel of eternal life. "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is real food, and my blood is real drink. He who eats my flesh and drinks my blood abides in me, and I in him." (John 6:53)

### **BEFORE RECEIVING COMMUNION THERE ARE SEVERAL REQUIREMENTS.**

1. You must be in a state of grace.

"Whoever therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. " (1st Corinthians 11:27)

A mortal sin is any sin whose matter is grave and which was committed willfully and with knowledge of its seriousness. (Grave may include: murder, receiving or participating in an abortion, homosexual acts, having sexual intercourse outside of marriage or in an invalid marriage, and deliberately engaging in impure thoughts.)

Sometimes Catholics who are in a state of mortal sin, out of habit or fear of embarrassment, choose to go forward and offend God rather than stay in the pew. The Church's ancient faith on this is expressed in the Didache, written around AD 70, which says, "Whosoever is holy (in a state of grace), let him approach. Whosoever is not, let him repent".

2. You must have been to confession since your last mortal sin

The Didache witnesses to this practice of the early Church. "But first make confession of your faults, so that your sacrifice may be a pure one".

The code of Canon Law indicates that the same applies today. "A person who is conscious of a grave sin is not to receive the body of the Lord

3. You must believe in the transubstantiation.

"For anyone who eats and drinks without discerning the body eats and drinks judgement upon himself". (1st Corinthians 11:29)

4. You must observe the Eucharistic fast.

One who is to receive the Most Holy Eucharist is to abstain from any food or drink, with the exception only of water and medicine, for at least the period of one hour before Holy Communion" .

5. You must have made your First Communion.

6. You must not be under an ecclesiastical censure, such as excommunication.

Those who are excommunicated and others who obstinately persist in manifest grave sin are not to be admitted to Holy Communion. A common excommunication is automatically incurred by receiving or participating in an abortion.

**WHEN YOU MEET THE REQUIREMENTS, RECEIVE THE EUCHARIST FREQUENTLY.**

### **Communion on the Tongue**

When giving the Body of the Lord to a communicant, the minister raises the host over the vessel and says, "The Body of Christ."

The preferred way of receiving Communion is on the tongue. For the priest to administer Holy Communion, your tongue must be far enough out for him to reverently place the host on it without having to put his fingers in your mouth.

### **Communion in the Hand**

As you approach, place your left hand on top of your right hand in the form of a cross, and with your palm open receive the Body of Christ, saying, "Amen." You may then step to one side, still facing the altar, take the precious host, with the fingers of your right hand, and place the host reverently on your tongue. Then proceed with hands together, back to your pew. Finally, give appropriate thanks. After receiving Jesus into one's own body and being further absorbed into his, how could one do less?