How to receive your First Holy Communion



Parents please go over how to receive Holy Communion with your child reminding them to:

1. Simple bow before Jesus
2. Father says “The Body of Christ”
3. Say Amen (nice and loud)
4. Place one hand under the other and lift hands up so Father can place Jesus in your hand
5. Take one step to the side and place the host, Jesus into your mouth
6. Use under hand to pick up the host and place into their mouth
7. Head back to pew and bow your head to pray and unite yourself to Jesus in that moment

\*Note: Everyone will be receiving the Eucharist in the hand