

Guidelines to the Distribution of Holy Communion

Distribution of the Bread:

Reverently hold up the consecrated host between you and the receiver and looking the receiver in the eye, say "The Body of Christ". Wait for the person receiving communion to say "Amen" and then place it in their hand or on their tongue, depending on which method they prefer.

Distribution on the Cup:

If you are a minister of the cup, please unfold and open up the purificator, holding it in such a way that it is easy to wipe the rim of the cup. When offering the chalice, reverently hold up the chalice between you and the receiver and looking the receiver in the eye, say "The Blood of Christ". Wait for the person receiving to say "Amen" and then hand them the chalice. Let the person hold the cup completely and do not hold on to the cup while they drink, unless it is someone who seems "shaky" or someone younger that you feel might need the help. After they drink, use the purificator to wipe both the outside and just a bit inside of the rim. Rotate the cup a quarter turn before presenting it to the next person. Try to use a new space on the purificator as you wipe the cup each time. Continue to wipe the rim and rotate the cup a quarter turn after each communicant.

Blessing of Children

When a child who has not received First Communion approaches, give them a blessing.