

## How to receive Communion

When it is time to receive communion, I step in to the aisle with my hands folded in prayer. I form a line called a “communion procession”. I am reverent as I approach the altar.



When I reach the priest / minister, they will hold up the consecrated host and say “The Body of Christ”. I bow my head and respond “Amen”.



I make a table with my hands. The priest / minister places the host in my hands. With my bottom hand, I take the host and immediately place in my mouth.



I return to my pew with my hands folded in prayer. I kneel and talk to Jesus for a few minutes. I sit when the Tabernacle is closed.

