

**St. Luke Parish – Current Instruction for the Reception of Holy Communion – for All  
Announce after the ministers commune and before the distribution.**

**ANNOUNCEMENT MADE BY THE PRESIDER**

**First Communions – Confirmations – Funerals – Christmas – Easter**

1. Our Catholic children before communing must take a few years of Catechesis and preparation.
2. Orthodox and Eastern Catholics may receive Holy Communion here at any age.
3. Every other person who wants to receive Holy Communion must make a request followed by a time of formal preparation. Communion with Jesus is also communion with his Church.
4. Those who for any reason may not commune at this time and may come in the communion line and receive a blessing by putting a hand over their heart.
5. Every Catholic must go to Confession and reconcile with the Lord and his Church after serious sin and it's good to do so at least once a year.
6. To commune on the hand: open the hand you use less up near your heart and beneath it the hand you will use to pick up the Host. To receive on the tongue: extend your tongue straight out as a "landing pad" to receive Jesus Host.
7. To commune from the Cup: receive the Cup and take a small sip. No one may put either the Host or their fingers in the Cup. No one is obliged to take the Cup.
8. As we present to you the Body or Blood of Christ say "Amen!" Jesus wants to hear our faith that it is truly his Body and his Blood, that it is Him.

It was also suggested that this statement should be inserted into the Missal on the altar at the appropriate place for the convenience of the Presider.