

Guidelines for Receiving Holy Communion in the Hand

- Remember to make a sign of reverence to the Most Holy Eucharist by bowing as you approach the priest or extraordinary minister.
- Hold your hands in front of you at chest height.
 - o When hands are either held too low or too high, it increases the likelihood that our hands will contact each other.
- Place one hand on top of the other.
 - o Avoid having your hands side-by-side. This increases the likelihood that our hands will contact each other.
 - o I recommend placing your dominant hand *under* your non-dominant hand, so that you will grab the Host with your dominant hand.
- Hold your hands as flat as possible.
 - o When you cup your hands or curl your fingers, it forces me to reach around them, which increases the likelihood that our hands will contact each other.
 - o Avoid grabbing after the Host with your fingers; some will do this as an alternative to holding out their hands. Grabbing with your fingers almost guarantees that our hands will contact each other. It is also a better spiritual practice to receive Our Lord in hands held out rather than grabbing after Our Lord.
- Allow the priest or extraordinary minister to place the Host on your hand before moving your hands or fingers.
 - o Many will begin to grab the host while I am placing it in their hands, which almost guarantees that our hands will contact each other.
- Remember to say, "Amen," as you receive the Host into your hand.
- *Special Note for Parents Holding Children in One Arm:* Hold your one available hand out as flat as possible. Once the Host is placed in your hand, close your hand around the Host, turn your hand over so that the Host is resting on your fingers, then grab the Host with your thumb and place the Host in your mouth.

Many of us have well-developed habits in the way we receive Holy Communion. Taking on these practices is important, especially in these days when sensitivity to physical contact with others is strong, and it will take intentionality from all of us. Please share these recommendations with your children and other family or friends who may want them. As we take important steps to prevent the spread of germs and illness in all areas of our parish life, it is even more important that we continue to receive the Bread of Life to strengthen our hope and to rest in the peace that we only receive when we receive Jesus in the Most Holy Eucharist.