

## Practice Receiving:

Please review this information with your children, using some kind of drink in a stemmed wine glass and a flattened piece of bread

- I. When you receive Communion, WHO will you be receiving?
  - a. **Jesus!**
  - b. **Explain the following:** During Mass, Father will say a special prayer called the Consecration. This is when, by action of the Holy Spirit, the Bread and Wine actually becomes the Body and Blood of Jesus.
  - c. Because this is truly Jesus you are receiving, we need to make sure we are respectful. We want to treat it with great respect and reverence. So we are going to practice today using Bread and Wine.
  
- II. **Receiving the Eucharist:** You can either receive in the hand or on the tongue. Either is fine.
  - a. Parents, please practice receiving both ways.
  - b. **In the Hand:** Since Jesus is our King, we make a throne w/ our hands.
    - i. **Tell kids how:** Raise the hand you write with. Put that hand under the other hand and cup your hands like this: (*show them*).
    - ii. We don't want to put hands side by side because then you could drop Jesus and we don't want to do that (*show them*).
    - iii. We don't want to have hands flat because Jesus could slide off. (*show them*)
  - c. **On the Tongue:** You will open your mouth a little (not wide like yawning) and stick out your tongue slightly (*Show them the correct way*). Not like this (*show how NOT to stick out your tongue!*)
  - d. **Before you receive:** Walk up in line with hands folded in prayer like this. (*show them*).
    - i. You will walk toward the priest, bow in reverence (*show them*).
    - ii. The priest will say "**The Body of Christ**" You will answer "**Amen.**"
    - iii. Then you either open your mouth or put your hands up to receive.
      1. To receive in the hand, please hold hands up about shoulder height so priest can see (*show them*).
      2. Be sure to put the entire host in your mouth... don't munch like a potato chip because pieces could fall, and that wouldn't be good because every crumb is Jesus.
  - e. **After you receive the Body of Christ:** Walk over to the cup as you are consuming the host, bow in reverence again.
  
- III. **Receiving the Precious Blood:** Approach the cup as you did the host, hands folded in prayer. Bow in reverence.
  - a. The priest or deacon will say "The Blood of Christ." You will respond, "Amen."
  - b. Take the cup with both hands, one by the top, one around the bottom, to keep it steady
  - c. Take just enough of the precious blood to wet your lips and tongue. You don't need a full sip, because every drop is Jesus.
  - d. Do your very best not to make a funny face, even though it tastes different.
  - e. After you receive the Precious Blood, put your hands together in prayer as you return to your seat.
  
- IV. **Parents:** If we are able to receive the Precious Blood at the time of your child's first communion, it is our preference that he/she receive under both forms—body and blood. After that, you can discuss with them your preference.
  
- V. Have students practice receiving the "host" and "wine" as many times as you can, paying close attention to form. **Practice receiving both in hand and on tongue.**
  
- VI. Explain that after receiving the Eucharist and Precious Blood, they will return to their seats and say a prayer of thanksgiving while kneeling in their pew.