

HOW TO RECEIVE JESUS IN COMMUNION

- Walk to the altar with your hands folded in prayer
- Think about Jesus, whom you will receive
- As your turn comes, place your left hand on top of your right hand.
- When you hear the words "The Body of Christ", answer "Amen".
- After the Host is placed in your hand, place the Host in your mouth, and chew and swallow it.
(at First Communion Mass - Wait for parents to do the same)
- Then, move to the Eucharistic Minister holding the cup.
- When you hear the words "The Blood of Christ", answer "Amen".
- Take a sip from the cup.
(at First Communion Mass - Wait for parents to do the same)
- Return to your seat (with your family) with your hands folded in prayer.
- This is a special time for you with Jesus:
Think of all the things you want to thank Jesus for.
Think of all the things you want to talk to Jesus about.



A CHILD'S COMMUNION REFLECTION

**Welcome, Jesus, into my heart
I hope that we may never part.**

**Welcome Jesus into my soul.
You give me life. You make me whole.**

**Welcome, Jesus, into my mind.
Help me always to be kind.**

**The Bread of Life You are to me.
I give my thanks and love to Thee.**