

Dear parishioners,

In light of some confusion after masses last weekend, I wanted to share with you information regarding guidelines on receiving communion. Below are excerpts from guidelines as published by the Bishops' Conference.

We will continue to receive communion as we regularly do at our parishes. Please feel free to contact me if you have any questions or concerns.

God Bless,
Deacon Jerry Coenen

UNITED STATES CONFERENCE OF CATHOLIC BISHOPS

The Reception of Holy Communion at Mass

In the United States, the body of Bishops has determined that "[t]he norm... is that Holy Communion is to be received standing, unless an individual member of the faithful wishes to receive Communion while kneeling" and that a bow is the act of reverence made by those receiving (no. 160). Those who receive Communion may receive either in the hand or on the tongue, and the decision should be that of the individual receiving, not of the person distributing Communion. The person distributing Communion says audibly to each person approaching, "The

Body of Christ." This formula should not be altered, as it is a proclamation which calls for a response of faith on the part of the one who receives. The communicant should audibly respond, "Amen," indicating by that response his or her belief that this small wafer of bread, the wine in this chalice are in reality the body and blood of Christ the Lord. When one receives from the chalice, the same proclamation is made by the person distributing Communion and the Communicant again responds, "Amen." It should be noted that it is never permissible for a person to dip the host he or she has received into the chalice. If, for some reason, the communicant is not able or willing to drink from the cup then that person should receive only under the form of bread.