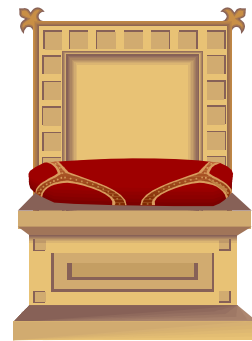


Catechesis (teaching) on the proper manner of receiving Holy Communion in the hand—

It is our great privilege to receive our Lord Jesus Christ in the Holy Eucharist. At this Advent Season of the year it is a good time to spruce up our manner of approaching Holy Communion with the intention of taking it in the hand: there are 3 easy to follow steps:

- 1) Bow from the waist while the person in front of you is receiving (or you yourself bow if you are first in line)
- 2) Extend your cupped hands heart-high (if possible) with “the hand you eat with (left or right) underneath the other hand which you will offer as a “throne” or a “crib” for Jesus to rest in momentarily when the priest puts him in your hand
- 3) Before eating you are to step to one side for a moment and then consume the Body of Christ—and then proceed either to the Cup or to your place.



Practicing this way of receiving Holy Communion during Advent will be a fitting way to prepare for receiving him into the throne inside your heart on Christmas Day!