

GUIDELINES FOR THE RECEPTION OF HOLY COMMUNION

FOR CATHOLICS

Catholics participate fully in the Mass when we receive Holy Communion. We should receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, an individual should not be conscious of any grave sin on his or her conscience and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental Confession. The frequent reception of the Sacrament of Penance is important for every Catholic.

FOR FELLOW CHRISTIANS

We welcome fellow Christians to this celebration and pray that the action of the Holy Spirit will draw us closer to one another and dispel the divisions which separate us.

Because the celebration of the Eucharist is a sign of the reality of oneness in faith, members of other denominations are not admitted to Holy Communion. All Christians are encouraged to pray for unity.

FOR THOSE WHO ARE NOT CHRISTIAN

We also welcome those who do not share our faith in Jesus Christ. While we cannot admit them to Holy Communion, we ask them to offer their prayers for the peace and the unity of the human family.