



RECEPTION OF HOLY COMMUNION



SHRINE OF OUR LADY OF GUADALUPE

Holy Communion is the incomparable fruit of the Eucharistic Sacrifice, namely, the Body, Blood, Soul, and Divinity of Christ.

Lest we would profane the Body and Blood of Our Lord, proper disposition for the reception of Holy Communion requires that the communicant:

- ✦ Be in full communion with the Catholic Church, participating regularly in Sunday Mass, and living in accord with her teachings;
- ✦ Be in the state of grace, that is, not conscious of having committed grave sin which has not been forgiven in the Sacrament of Penance, and
- ✦ Have fasted from food and drink, with the exception of water and medicine, for at least one hour.
- ✦ Our bodily demeanor, including our manner of dress and gestures, should reflect fully our faith in the Real Presence of Our Lord in the Most Blessed Sacrament.
- ✦ It is the established custom here to receive Holy Communion kneeling, if physically able, and on the tongue.

Any question regarding the proper disposition to receive Holy Communion should be addressed with a priest before coming forward to receive Our Lord in the Most Blessed Sacrament.

Even if you are not able to receive Holy Communion now, you are invited to pray, expressing your desire to be united with Our Lord Who is truly present with us in the Sacrament of His Love and asking Him for the grace to be disposed to receive Him in Holy Communion in the time to come.

Raymond Leo Cardinal Burke – April 21, 2017