

Saint Raphael Parish
Receiving Communion Under Both Species (Bread and Wine)

Saint Raphael Parish will offer Holy Communion under both species (the consecrated bread and wine) beginning on the First Sunday of Advent and continuing at all Masses throughout the year.



When we receive Holy Communion we receive Christ Himself, most fully present in the Blessed Sacrament, Jesus, who gives Himself entirely to us. We should receive this wondrous gift with reverence and gratitude, following these guidelines.

Guidelines

When you approach the minister of Communion (priest, deacon or extraordinary minister), before you receive the host or the precious blood, make a slight bow as a sign of reverence.

Receiving the Body of Christ (host): The minister will offer the host and say, “the Body of Christ.” You respond “Amen,” a proclamation of your faith, and consume the host reverently and immediately.

You may receive the host on the tongue or in the hand, but your choice should be evident to the minister of Communion.

If receiving on the tongue, keep your hands clasped in front of you, open your mouth wide and extend your tongue far enough so that the host will not fall.

If receiving in the hand, hold your cupped hands out and up, one on top of the other. Never take the host yourself, but rather allow the minister of Communion to place it in your hand. Use your bottom hand to take the host, place it in your mouth and consume it immediately.

Receiving the Precious Blood: After receiving the host, approach the minister of the cup, who will offer the chalice with the words “the Blood of Christ.” You respond “Amen,” grasp the chalice firmly and take a small sip of Christ’s Precious Blood. Carefully return the chalice to the minister.

Please be aware that each communicant may choose whether or not to receive from the chalice. "Children are encouraged to receive Communion under both kinds provided that they are properly instructed and that they are old enough to receive from the chalice." (USCCB) If you know you are contagious you should refrain from receiving from the cup.