

RECEIVING COMMUNION

The Eucharist, or Holy Communion, is the true Body and Blood of Jesus Christ. Christians partake of Communion that we may receive the Resurrected Life of Jesus Christ within us, and be transformed into His likeness.

In order to receive the Eucharist, a person must be a Baptized Christian, repent of their sins, and believe that the Eucharist is the true Body and Blood of Jesus Christ.

All Baptized Christians are Welcome to receive Communion at St. Anne's. We invite you to fully participate with us in the Worship of Jesus Christ in Word and Sacrament. Those who wish to receive the Eucharist may come forward to the Altar.

To receive the Body:

- **In the Hand:**
The Priest will present the Host (Body); please hold out your hands palms up, with your right hand on top of your left hand. The Priest will place the Host onto your palm. You may draw your hands directly to your mouth to consume the Host.

Or

- **On the Tongue:**
If you prefer, you may also observe the traditional custom of simply receiving the Eucharist directly on your tongue; simply open your mouth and expose your tongue, and the Priest will place the Host on your tongue.

To receive the Blood:

- **From the Chalice:**
The Priest will present the Holy Blood; please place your mouth on the Chalice and simply assist in tilting the Chalice toward you in order to receive the Holy Blood.

Or

- **Intinction:**
If you choose not to receive from the Chalice, you may present the Host in your hands to the Priest with the Holy Blood, who will intinct (immerse) the Host into the Holy Blood and present it back to you.

Please Note:

You may also appropriately choose to receive in "one kind", taking only the Body or the Blood.

If you choose not to receive the Eucharist, you are invited to come forward and to cross your arms (X) in front of you; the Priest will pray a Blessing over you.

You may also simply choose to remain seated during the administration of Communion.

If you have questions about the Eucharist, one of the Priests would be happy to discuss them with you before or after the service.