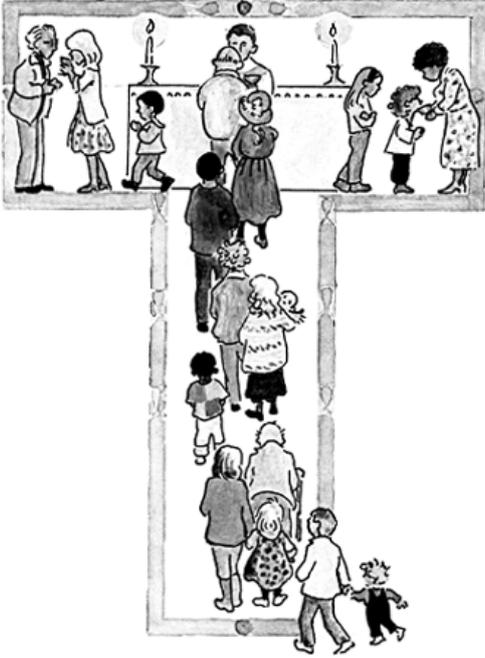


# Procession to Communion



Another procession, this time to receive Jesus in Holy Communion or a blessing for younger children or members of the family who are not Catholics.

It is important to include everyone as members of the community.

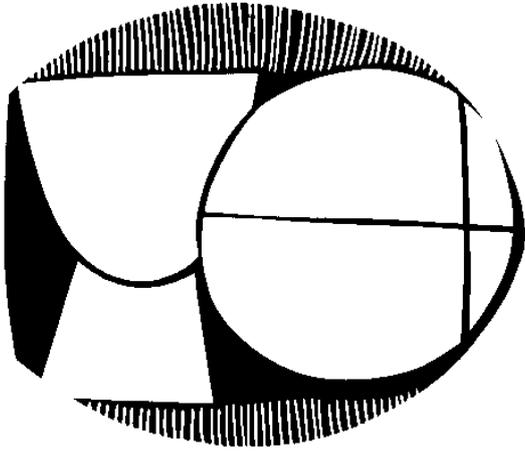
**Help your child/children to practise again the manner in which they receive Jesus if they have made their First Holy Communion. Practise with them receiving in the form of the Host and in the form of wine from the Chalice.**

If the children receive in the hand, remind them to place the open palm of their left hand over the open palm of their right hand and then to hold them out in front of the priest or minister of Holy Communion. The minister says 'The Body of Christ' and we reply 'Amen'. The word 'Amen' means 'So be it' or more simply 'Yes' or 'I agree'. The Host will then be placed in the open palm of their left hand and then they pick up the Host with the fingers of their right hand and place it in their mouth in order to chew and swallow it. (For left handed people, reverse the procedure.)

Children who wish to receive from the Chalice move to the minister holding the Chalice who will present it to them. The minister says 'The Blood of Christ' and we reply 'Amen'. They then take it and put it to their lips in order to drink a sip from the Chalice.

With hands joined, they return to their seat in a reverent manner.

For receiving in the mouth, please ensure that children put their tongue out sufficiently for the Host to be placed on it.



We should not refer to the Host as 'the bread' because it is no longer bread but Jesus Christ. Also we should avoid calling the contents of the Chalice 'the wine'. We believe it is Jesus Christ. Most properly it is to be called 'the Precious Blood'.

To help children understand that they are not drinking blood in a gross manner but receiving Jesus completely in each form (Host and Chalice) it is wise to stress that

to share the Chalice emphasises our sharing in Jesus life - that's what blood represents.

It also helps to remind us that Jesus died for us and that we are close to his saving work of the Cross and Resurrection at the Sacrifice of the Mass. How much detail we tell the children of this depends upon their capacity to understand.

For children who have not made their First Communion, they may receive a blessing from the priest. You can show your child how to cross his/her arms over the chest as they approach the priest, so that he will know to bless them.