

# **Guidelines for Receiving Holy Communion**

## **For Catholics**

We welcome Catholics to participate fully in the celebration of the Eucharist by receiving Holy Communion in fulfillment of Christ's command to eat His body and drink His blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin, have fasted for an hour and seek to live in charity and love with their neighbors. Those conscious of grave sin must first be reconciled with God and the Church through the sacrament of Penance. A frequent reception of the sacrament of Penance is encouraged for all.

## **For Other Christians**

We welcome you to attend the celebration of the Eucharist, even though you are not fully united with us. It is a consequence of the sad divisions in Christianity that we cannot extend to you an invitation to receive Communion. Catholics believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life and worship of the community. Reception of Communion by Christians not fully united with us would imply a oneness which does not yet exist, and for which we must all pray.

## **For Those Not Receiving Communion**

Those not receiving sacramental Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another.

## **For Non-Christians**

We also welcome to our Eucharistic celebration those who do not share our faith in Jesus. While we cannot extend to you an invitation to receive Communion, we do invite you to be united with us in prayer.