



**Diocese of Salt Lake City  
Office of Worship**

**Instructions on Receiving Holy Communion during the Pandemic**

The norm for receiving Holy Communion in the Diocese of Salt Lake City is either on the tongue or in the hand. However, due to the Covid-19 pandemic, in order to help prevent the spread of the virus and to safeguard the health and the safety of the people, distribution of Holy Communion is in the hand.

**How to receive the Sacred Host**

**Reverence**

When you approach the minister, make a slight head bow as a sign of reverence. The norm in the United States for receiving Communion is to stand.

**Posture**

In the fourth century St. Cyril of Jerusalem writes, "When you approach, place one hand on top of the other (palms up) in order to make a throne to "receive the King." Extend your hands, and place the right hand under your left hand or reverse.

**Response**

Respond "Amen" to the proclamation "The Body of Christ" then step to the side and consume the Sacred Host carefully and reverently. The Sacred Host should always be consumed before returning to your seat. If you see a crumb on your hand after receiving communion, do not brush it off, but apply a wet finger from the other hand to the palm with the crumb on it to pick it up then consume it.

**After Receiving**

Walk back to your seat and remain standing or kneeling until called to pray the "Prayer after Communion" which concludes the Rite of Communion.

When we receive our Lord in Holy Communion, we should receive him in the way we encounter a loved one: with reverence, care, gentleness and humility. For in the holy Eucharist, the Catechism of the Catholic Church notes the presence of Christ is *real*: "that is to say, it is a *substantial* presence by which Christ, God and man, makes himself wholly and entirely present" (1374).