

## Most Holy Trinity

**Children, today you will share in the Body and Blood of Jesus Christ, our Lord and God. You will become closer to Jesus than you ever have before. We pray that you will share communion with him at church every Sunday for the rest of your lives.**

**The food and drink you receive today is holy. It is different from your food and drink at home. Here you receive a small piece of bread, but it is the Body of Christ. Here you take a sip of wine, but it is the Blood of Christ. This is holy food, so we prepare for it and receive it in a special way.**

**Catholics should fast one hour before receiving communion. This food is so special, that we keep all other food away from our mouths beforehand. Never come to church chewing gum. It will distract you from your prayer, and it shows disrespect for the communion that you plan to receive. Do not eat snacks at church if you are planning to come to communion. Keep the one-hour fast.**

**When it is your turn to receive communion, you bow your head, as you may do any time you say the name of Jesus. Some people make a lower bow or kneel down. But the church asks you only to bow your head as a sign of reverence for the food and drink you are about to receive. You will hear the priest or the minister say to you, “The body of Christ.” You answer “Amen.” Say it strongly.**

**You may receive the body of Christ in the hand or in the mouth. It is your choice. If you receive in the mouth, first say “Amen,” then open your mouth and extend your tongue. That will keep the host from falling. If you receive in your hand, place one hand under the other. If you are right-handed, place your right hand under your left. If you are left-handed, place your left hand under your right. Let the minister place the host in your hand; do not grab the host from the minister. Then pick up the host with your bottom hand and immediately place it in your mouth. Do not carry the host away. Do not bring it back to your pew. Put it in your mouth immediately. It is holy food; we don’t want anything to happen to it.**

**If you see particles from the host in your hand, do your best to eat them too. This is holy food. You should eat all of it, even the crumbs.**

**When you go to the next station, bow your head again. You will hear the minister say, “The blood of Christ.” Answer “Amen” again in a strong voice. Then take the chalice into your own hands and take a sip. Do not dip your host into the chalice. You must completely swallow the host first, and then drink from the cup.**

**When you go back to your place, thank God for the eucharist, and sing the communion song. The music and communion unite us all with one another.**

**In today’s first reading, Moses reminds the people to have respect for God. God led them out of slavery through the Red Sea, and into the freedom of the promised land. God taught them how to live. God was closer to them than to anyone else. Children, when you receive communion, Jesus is closer to you than to anyone else. Respect him. Love him. Thank him. Listen for his voice. And do what he says. Jesus Christ will guide you all the days of your life.**