
THE 'ACT OF REVERENCE' FOR THE RECEPTION OF HOLY COMMUNION

- Approach the Eucharistic Minister with hands folded (no set way of doing this)
- Wait until the Eucharistic Minister says, "The Body of Christ" (or "The Blood of Christ") and respond by bowing the head and shoulders while saying "Amen"
- It is an act of reverence to the presence of Christ in the Eucharist
- It is equally an act of accepting Christ fully into our lives, and committing ourselves to walk with Him in everything we do.