

COMMUNION TIPS

Although a common blessing is given to the entire assembly by the priest at the end of the Mass, many times parishes find children (who have not yet received their First Eucharist), Catholics unable to receive Communion, and non-Catholic Christians coming forward for a blessing during Communion from the priest, deacon, or an Extraordinary Minister of Holy Communion (EMHC). The parish's EMHC are trained and permitted to give them a common blessing (e.g., May the Lord be in your heart this day, etc) or some other appropriate blessing. *Touching of hair, providing a personal blessing by signing them on the foreheads, etc., is discouraged however.* This practice has arisen out of a need for continued reverence for the Body and Blood of Christ and personal hygiene concerns for subsequent communicants.

It has been an encouraged and acceptable practice within the universal Church and the Diocese of Colorado Springs, for married or engaged couples to come forward to receive Holy Communion together as a sign of their oneness in faith and oneness in relationship with each other and Our Lord. A practice that has crept into "liturgical habit" however, is the practice of one person taking the chalice of Precious Blood, consuming from it, turning, and then communicating their significant other. Since our trained and mandated Extraordinary Ministers of Holy Communion (EMHC) are specifically scheduled for the Mass to assist the priest with the distribution of Communion, we ask your cooperation in discontinuing that practice and, to comply with the General Instructions to the Roman Missal (GIRM): simply return the chalice to the EMHC, so the EMHC can communicate the other person. Thank you for your assistance in this catechetical matter.

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