**Receiving Holy Communion**

**When receiving the Chiefest of Sacraments, the mystery of mysteries, we must ask ourselves:**

1. Have I done anything that puts me out of communion with God and His Holy Church?
   1. Was I married in a non-Orthodox Church?
   2. Am I living in sin (premarital relations and/or living with someone who is not my spouse)?
   3. Have I committed a grave sin for which I have not repented or confessed?
   4. Do I have anger in my heart that robs me of peace?
2. Have I adequately prepared for this sacred Gift?
   1. Have I Fasted on Wednesday (the day Christ was betrayed) and Friday (the day Christ was crucified?
   2. Have I prayed daily morning, meal times, and evening?
   3. Have I asked forgiveness of those I have wronged and have I forgiven those who have wronged me?
   4. Have I gone to confession to maintain communion with Christ’s Holy Church? (As you go once a year to your physical physician so too you should go at least once a year to your spiritual physician)
3. Am I bleeding?
   1. If I have a grave wound that is bleeding I should not take Holy Communion because the Blood will then leave my body, the Temple of the Holy Spirit, and this cannot be allowed.

**When partaking of the Sacrament we must step forward with “the fear of God, Faith, and Love.”**

1. I must declare my baptismal name loudly so that the Deacon/Priest/Bishop can hear me.
   1. The Clergy declare “The Servant of God, receives the Precious Body and Blood of Christ unto remission of sins and life everlasting. Amen.
   2. This a powerful statement in which I participate
2. I must take the communion cloth
   1. There is a continuity of our Church Family as we take the cloth from each person.
3. I must place the cloth squarely under my chin.
   1. This is to guard the Gifts from falling on the floor.
   2. The Clergy should not have to reach far to give me Communion.
4. I must open my mouth wide to receive the Sacrament.
   1. “Open Wide the Gates You have alone have fashioned”
   2. We must not allow the Gifts to fall from our lips and we must make wide our mouths so that the spoon can easily enter
5. I must wipe my lips
   1. Having just received the Body and Blood of Christ we must wipe our lips clean to wipe off all residue. We do not want the Body and Blood to be casually on us
6. I must then take and eat a piece of Antidoro
   1. While this is also a substitute for those unable to take communion (for whatever reason) it’s name literally means “Instead of the Gift” it is also important because the bread will soak up any left over Blood that might have been left after I wiped my lips.
   2. Given that this is blessed, special care should be taken that crumbs do not fall to the ground.
7. I must, at some point after the Liturgy if there is no time after taking Communion, read the prayers of Thanksgiving