

## WHY WE RECEIVE OUR LORD ON THE TONGUE

Although the Church allows for reception of the Eucharist on the hand, it is MUCH preferred to receive the Eucharist directly on the tongue. Why?

1. **Theologically:** we are supposed to be in a posture of reception. We are supposed to be childlike in our reception as well. Think of how we feed our babies. We give them good food and they trust us to open their mouths in anticipation for the next bite. We approach the altar in anticipation that we are going to receive something good from a Father who loves us.
2. **Cleanliness:** where have your hands been throughout the Mass?
3. **Cleanliness:** our priests are MUCH better at giving the Eucharist without cross contamination when we present our mouths instead of our hands. Our priests have been doing this for over 20 years and know how to place the Eucharist cleanly in an open mouth. With the open hands, their fingers are often accidentally bumped by the person who is receiving.
4. **Reverence:** Have you ever encountered anything in this world that you perceived was just too beautiful to touch? That is the appropriate attitude and perspective you should have when you approach the Sacred Host.
5. **Reverence:** Have you been to a museum where the docent tells you not to touch the masterpiece for fear that you might soil it? That is the appropriate attitude and perspective you should have when you approach the Sacred Host.
6. **Practically:** If you want your child to know that he is receiving something very special, sacred, and different from anything else that he will ever consume, then receiving on the tongue clearly conveys this message.

For more information on receiving the Eucharist on the tongue, you may like to read this:

<https://www.catholicculture.org/culture/library/view.cfm?recnum=8616>

**For your child's First Holy Communion at Holy Trinity, every child will receive our Blessed Lord on the tongue and kneeling (if possible).**