

6. Receive your Lord's Body into the palm of your right hand, steadying you right on your left, and holding it well up. Then take it from your palm with your mouth, to avoid dropping any portion.
7. Next, on receiving the Precious Blood, take hold of the Chalice firmly by grasping its stem with both hands.
8. On leaving the Altar say: "*Thanks be to God for His unspeakable gift.*"
9. Always take with you, and use during a Celebration, some little book of private devotion.
10. Never be cast down if you do not seem to get on as well as you expect, you cannot become holy all at once; it is a life-long work. You may often fall into sin after Holy Communion, through former bad habits and sudden temptation; but never give up. If you fall, repent at once; confess your sin to God, seek His help, and try harder and more humbly for the time to come. But never cease to trust in Jesus, for to do so is certain ruin. Your clergyman will always be very glad to help you when you are in doubt and trouble; never be afraid or ashamed to speak to him.

