

receiving. Some persons have an awkward manner, which embarrasses the priest, and endangers the Host. They hold the tongue too far back, or lower the head so that the priest cannot see where he is placing the Blessed Sacrament; or they stiffen the tongue and stretch it out so far that there is danger of dropping the Host entirely. Other Communicants move the head nervously forward at the moment of receiving, or withdraw the tongue too quickly. All these things are quite wrong and put the Sacred Host in peril.

Then, what is the proper way?² One should keep one's head and eyes slightly lowered until the priest comes near. Then, still keeping the eyes cast down, tilt your head a little upward, extend your tongue until it rests quietly upon your lower lip, with its tip protruding a trifle beyond the edge of the lip, and wait for the priest to place the Host upon it. He will press the Host lightly upon your tongue, the moisture of your tongue will hold the Host safely and you must then gently and quietly withdraw your tongue, close your lips and swallow the Sacred Species, without any sudden or jerky motions, but reverently and calmly as befits so great and holy an action.

Then, leave the Communion rail (it is not necessary to genuflect as you go, for you carry with you the King of Kings), and return to your place with the inward and outward reverence and recollection, which should spring naturally from the thought of the great action you have performed. Keep your eyes modestly lowered as you go, and let your veneration speak in all your actions, as becomes a man or woman who has received the very Body and Blood of God made Man.

How often does one hear Protestants or unbelievers comment upon the behavior of the faithful in receiving Holy Communion. They look with anxiety sometimes,