

remove it with my tongue, but never touch it with my fingers.

Q. What should you say when you have swallowed the host?

A. O Divine Jesus, preserve my soul unto life everlasting.

Q. How should you return to your place?

A. In the same manner as I came.

Q. What should you do when you come to your place?

A. I should adore, thank, and praise Jesus Christ, as earnestly as I can, offer my whole self to Him, resolve always to serve Him with fidelity, and ask of Him the graces I most want for myself and others.

Q. How long does Jesus Christ continue present within us?

A. Until the species are consumed.

Q. How long then should we remain in the church or chapel after communion?

A. At least a quarter of an hour.

Q. How should you spend the day of your communion?

A. In works of piety, and in carefully guarding against worldly dissipation, and sin.