

"Every parishioner shall communicate *at the least* three times in the year of which Easter to be one," (Book of Common Prayer.) If you *wilfully* break this rule of the church and disobey Her solemn order, you practically excommunicate yourself and cut yourself off from the fellowship and blessings of the members of Christ, you repudiate the desire and prayer of your childhood that you 'continue in that state of salvation,' unto which at your baptism you were brought. It is earnestly hoped that all who use this book will make it their rule to communicate at least once a month.

It is a pious and ancient rule, which should be kept if possible, to receive the Holy Communion fasting, thus honoring the Sacrament of our Lord's Body and Blood by receiving it before any other food. But the main thing is to come in the spirit of reverence. Before coming to Church be quiet and subdued, speak as little as possible, keeping your mind on the Holy Communion. After the service, as you go home, preserve the same quiet manner.

Receive the Consecrated Bread in the palm of the right hand, holding the left under it, gloves being removed. Be careful not to leave any crumbs in your hand, and after receiving the Consecrated Wine not to wipe the lips with hand or handkerchief.

Remain kneeling after the Prayer of Consecration till you go to receive, and afterwards till the Priest has consumed what remains of the Blessed Sacrament. Should there be many communicants and you cannot kneel all the time, keep reading Psalms or Hymns or other devotions. Try hard to keep from wandering thoughts all through.