

A. Yes, because they receive Jesus Christ whole and entire.

Q. But did not Jesus Christ, at His last supper, command all to receive under both species?

A. No, for none were then present but the Apostles whom He commanded to do what He had just done, that is, to celebrate Mass.

Q. Is it forbidden to receive under both species?

A. Yes, to all but those who celebrate Mass.

Q. By what authority?

A. By the authority of the Holy Catholic Church.

Q. Has then Jesus Christ authorized His Church to determine when and where the faithful may receive under one or both species?

A. Yes.

Q. What are the fruits of a good communion?

A. 1. Union with Jesus Christ. 2. Increase of sanctifying grace. 3. Remission of venial sins. 4. Actual graces to resist temptations and to persevere in virtue. 5. Sanctification of the body to prepare it for a glorious resurrection.