



Preparation for the

Holy Eucharist

Self Examination

Anyone who desires to receive Christ in Eucharistic communion must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having received absolution in the sacrament of penance (CCC 1415).



Prepare Your Heart

"If we but paused for a moment to consider attentively what takes place in this Sacrament, I am sure that the thought of Christ's love for us would transform the coldness of our hearts into a fire of love and gratitude." - Saint Angela of Foligno



Eucharistic Fast

One who is to receive the Most Holy Eucharist is to abstain from any food or drink, with the exception only of water and medicine, for at least the period of one hour before Holy Communion (Canon No. 919).



Keep Holy the Sabbath

Remember the sabbath day—keep it holy (Exodus 20:8). The precept of the Church specifies the law of the Lord more precisely: "On Sundays and other holy days of obligation the faithful are bound to participate in the Mass" (CCC 2180).

