

WHEN TO RECEIVE HOLY COMMUNION

We should receive of the Body and Blood of Christ as frequently as possible.

However, this is the greatest of responsibilities. Preparation to received Holy Communion includes fasting and the reading of the communion prayers. One should not receive Holy Communion unless he/she has made serious preparation to do so, which may also include scheduling the Holy Sacrament of Confession prior to receiving Holy Communion. When the Priest chants: “With the fear of God, with faith and with love draw near”, an invitation is given to join oneself to the purity and beauty of the life in God.

The Orthodox Church practices closed communion. This means that only a baptized Orthodox Christian, in good standing, may receive of the Holy Gifts.