

# Receiving the Eucharist

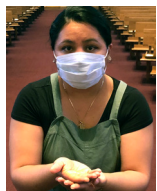
When we come together as a faith community to celebrate Mass during the pandemic, we must observe safety precautions to protect the health of all those gathered. When you approach to receive the Eucharist, we ask you to follow these guidelines.



Wear your mask as you approach for Holy Communion.



Bow.



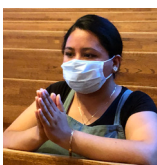
Place your hands out in the usual manner and receive the Eucharist.



After responding "Amen," step to the side.



Lower your mask, place the Eucharist in your mouth, and pull the mask back up.



Return to your seat.



*Guidelines provided by the Diocese of Des Moines based on recommendations from the Centers for Disease Control and Prevention.*