



Guidelines for Receiving Holy Communion at St. Mary After Viewing Livestream Mass Sundays 10:30 – 11:00 a.m.

- Please park your car, take a moment to prepare yourself for the reception of the Blessed Sacrament
- Reflect on the words of St. Alphonsus Liguori and pray the prayer

St. Alphonsus Liguori once wrote "Blessed that soul that approaches Holy Communion with a great desire to be united to Jesus Christ." He said that to get the most benefit out of this Sacrament we should prepare "by driving from our heart everything that is not of God and for God" and cultivate the desire to receive our Lord "with the view of loving him more." Put your worries and worldly cares aside before receiving our Lord in Communion.

**Dear Lord, may I receive you in this Communion
With open arms,
And a loving, contrite heart,
So that I may be filled with Your grace,
For my good and Your glory! Amen.**

- Enter through the Gym doors, receive the Blessed Sacrament, exit through the School doors
- After returning to your vehicle, spend time in reflection of what you have just received from God
- Go in peace! Drive Safely!

Recommendations:

- Dress appropriately for the reception of your Lord and Savior
- Avoid distractions such as cell phones and video games before and after receiving Communion
- Wear a mask, this is mandatory
- Observe all prescribed social distancing instructions
- Be considerate of others who may be preparing to receive, or who have just received, the Blessed Sacrament