

## *"On the manner of reception of Holy Communion"*

The *General Instruction* asks each country's Conference of Bishops to determine the posture to be used for the reception of Communion and the act of reverence to be made by each person as he or she receives Communion.

In the United States, the body of Bishops has determined that "[t]he norm... is that Holy Communion is to be received standing, unless an individual member of the faithful wishes to receive Communion while kneeling" and that a bow is the act of reverence made by those receiving ([no. 160](#)).

This norm is supported by an Instruction by the Holy See regarding the Eucharist: "In distributing Holy Communion it is to be remembered that 'sacred ministers may not deny the sacraments to those who seek them in a reasonable manner, are rightly disposed, and are not prohibited by law from receiving them' (Code of Canon Law, can. 843 § 1; cf. can. 915).

Hence any baptized Catholic who is not prevented by law must be admitted to Holy Communion. Therefore, it is not licit to deny Holy Communion to any of Christ's faithful solely on the grounds, for example, that the person wishes to receive the Eucharist kneeling or standing" (*Redemptionis Sacramentum*, no. 91).

Those who receive Communion may receive either in the hand or on the tongue, and the decision should be that of the individual receiving, not of the person distributing Communion.

Quoted from USCCB webpage on October 24, 2023:  
<https://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/liturgy-of-the-eucharist/the-reception-of-holy-communion-at-mass#:~:text=In%20the%20United%20States%2C%20the,160>.