

**Can I go to Communion if ---?**

St. Paul ( 1 Cor. 11:27) tells us it is dangerous to our immortal souls to receive Holy Communion unworthily. It is a sacrilege; it is an insult to God.

Who then is worthy of this gift? By the grace of Jesus, only a baptized person in practicing communion with the faith of the Church, who is free from serious sin and believes this is the true Body, Blood, Soul, and Divinity of Jesus should dare come forward to receive Him. It is truly Jesus whether we believe or understand it or not. The Church is the agency of Jesus in charge of sacraments. We cannot make private, independent decisions about them. It is essential that the Church protect the honor of His real presence.

Following are a few examples of persons who should not go to Communion until they repent and go to Confession:

- People who are not Catholic should not receive communion.
- Persons living in sin.
- People living together without valid marriage.
- People married outside the Church without permission.
- People in an active same sex relationship.
- People who miss Sunday Mass without good reason.
- Non-practicing and inactive Catholics who come at special occasions.
- Persons who seriously disobey the Ten Commandments.
- People in public life who openly support abortion.
- People who deliberately refuse to support the Church.
- Persons with unconfessed mortal sin of any kind.
- Most people who have not been to Confession for a long, long time.

Note that those who have a civil divorce and are not sexually active may, in many cases, be allowed the benefits of Holy Communion. They should consult their pastor.

Catholics should not participate in Protestant Communion. We should not pretend it's all the same. We should also not pretend we have union of faith with them. We love and respect them but we cannot surrender the special position of the Catholic Church and her sacraments.