

Who Can Go To Holy Communion?

Generally any baptized Catholic in the state of sanctifying grace who has been admitted to first communion and fasted for one hour can receive Holy Eucharist. A baptized person who is free of mortal sin is in the state of sanctifying grace.

Our Catholic Church is the 2000 year old custodian of God's message and government and sacramental presence. She is entrusted to oversee the worthy reception of holy Eucharist. St Paul tells us it is a sacrilegious sin to receive Eucharist unworthily. The Church protects us from spiritual harm with her guide-rules for a worthy reception of Holy Communion. Anyone who commits a mortal sin must be forgiven in the Sacrament of Reconciliation, (confession), before receiving the Sacrament of Holy Communion.

We cannot decide for ourselves against Church rules and still go to Communion. If we miss Mass on Sunday, even once, without a good excuse, that's a mortal sin and needs to be confessed first. If we practice artificial birth control, have, or even approve of someone's abortion, come together sexually without a Catholic marriage, are active in a same sex relationship, deny the real presence of Jesus or any essential doctrine, openly and seriously rebelled against our pastor, or violate one of the commandments, we must not dare to approach Holy Communion without first repenting and receiving the Sacrament of Confession. All this is not opinion. It is our Church's God-protected law. Eternity is at stake and Jesus is deeply concerned for us.

Other Christians who are not in full communion with our holy Church should almost never go to Catholic Communion. See the front of the missalette for rules about this.

Catholics who are divorced and neither remarried or cohabiting should talk to their priest. They may well be invited to return to Holy Communion.

Catholics who openly no longer believe in the real presence of the Body, Blood, Soul, and Divinity of Jesus in the Holy Eucharist would do well to stay in their pew. Questions or difficulties in understanding, however, are not the same as denial. The real presence is a mystery that none of us can fully understand. We simply believe it in faith.

Holy Confession itself is a happy sacrament. Frequent confession helps all of us have a greater experience of Holy Communion.