

CAN YOU RECEIVE HOLY COMMUNION?

If you are divorced, but not remarried or not living with anyone outside of a sacramental marriage, you are welcome and urged to return to Holy Communion. (You may need to go to Confession beforehand.)

However, if you are living in a relationship that is not sacramental, for example, a marriage of a catholic that did not take place in a Catholic church without permission of the bishop - you are not allowed to receive Holy Communion.

Living with someone but not married to them -you are not allowed to receive Holy Communion. This doesn't apply if you are living as 'brother and sister' and the priest is aware of it.

In a sexual relationship, even if you are not cohabiting, that is improper outside of the Sacrament of Matrimony, then you should not present yourself for Holy Communion

until you confess this sin in the Sacrament of Penance.

Non-Catholics are not allowed to receive Holy Communion in the Catholic Church. (Read document 'One Bread, one Body' from the Bishops of England and Wales)

Anyone who has entered into what is known as same gender marriage may not go to Holy Communion unless, of course, it is a purely legal arrangement between two friends and strictly nothing more and the priest is aware of this. The Catholic Church doesn't recognise same-gender marriage.

You can arrange to have a word with your priest to see if a solution can be found that may enable you to return to the Sacraments.

Whatever your situation, you are always welcome to take part in the life of the Church and her worship, but that cannot always mean receiving Holy Communion. In fact, *anyone* in a state of serious (mortal) sin should not receive Holy Communion until they have sought and received absolution in the sacrament of Penance (not general

absolution which may only be availed of in emergencies).

N.B. There are many reasons why people don't present themselves for Holy Communion: they may not have fasted for one hour before Mass, they may need to go to Confession before receiving Holy Communion because they have *deliberately* missed Sunday Mass, they may not even be a Catholic,

We should ***never*** be tempted to draw conclusions about why someone may or may not be receiving Holy Communion. Neither is there any kind of obligation for anyone to '*go up for a blessing*' if not receiving Holy Communion — remember, the priest gives a perfectly effective blessing to *everyone* present at the end of Mass !