

[How do I take Holy Communion?](#)

At the prompting of an usher, follow the people in the pew in front of you and walk up the center aisle to the altar rail, at which you either kneel or stand (both are acceptable). Hold out your hands, and someone will place a wafer in your hand. You may eat the wafer. Someone else follows with a tray wine in tiny cups. Take a cup, drink the wine, and dispose of the cup in the waste basket at either corner of the altar rail.