



Behold, he cometh with the clouds,
and every eye shall see him, and they
also that pierced him. And all the tribes of
the earth shall bewail themselves because of him.
Even so. Amen.
I am Alpha and Omega, the beginning and the end,
saith the Lord God, who is, and who was,
and who is to come, the Almighty.

Revelation 1:7–8

God's commandments on administering and receiving Holy Communion

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Through Jesus' chosen End of Times messenger, Fernanda de Sequeira, God the Father has given us clear commandments on how to receive and administer Holy Communion. These commandments reconfirm similar statements made by catechetical councils, holy pope saints, other saints and God's messengers throughout the ages.

Where age-old traditions in the Church are under attack, therein lies the work of evil. St Paul taught in the Apostolic times:

"Therefore, brethren, stand fast; and hold the traditions which you have learned, whether by word, or by our epistle." (2 Thessalonians 2:14)

Our Father God's requests, through Fernanda de Sequeira and others, that we must hold onto our traditions. In summary, in relation to the Sacrament of Holy Communion in Jesus' sacrifice of Holy Mass:

- The Body of Christ¹ is to be received in the mouth, not on the hands, and only priests should take his Body to Blessed Sacrament tabernacles. Ministers of the Eucharist are not God's will.
- The Body of Christ is to be handled only by priests. On special occasions, if a priest is unavailable, such as visiting the sick, this request may be waived. In this instance, ministers of the Eucharist should be in a state of grace.
- If the Body of Christ falls on the floor in Holy Mass, it must immediately be consumed, and the corporal must be placed over the place where the Holy Eucharist fell – not to be trodden on. Thereafter, the floor must be cleaned with care with holy water as per the traditional way, ensuring that the Holy Eucharist is not scattered on the floor.
- The Body of Christ is to be received on the knees, and if this is not possible: genuflecting, making the Sign of the Cross, receiving, bowing and then making the Sign of the Cross again.
- The Body of Christ must be received in a state of worthiness by making regular use of the Sacrament of Confession². Also, people attending Holy Mass must be dressed modestly with knees, breasts, shoulders and arms covered, not in shorts or sleeveless shirts. Women should preferably wear a dress or skirt and a veil over the head, a mantilla.
- The Body of Christ must be elevated with tenderness and care by priests at the moment of Elevation.

¹ Referring to Holy Communion, the Eucharist, our daily bread, as we ask for in the Our Father: "Give us this day our supersubstantial bread" (Matthew 6:11). Jesus Christ confirms the same to Fernanda: "My child, I am your daily bread as you receive me in Holy Communion" (11/02/2016).

² As a minimum, monthly, but ideally, weekly

- The doors for Adoration of the Blessed Sacrament must be kept open: many graces will be conceded and all those who come to Adoration, will be protected.

These instructions from the highest of heaven are clearly outlined in the following messages³:

- [Message to bishops and priests about Holy Mass](#) (03/05/2011)
- [Abolish Communion on hands, ignore false prophets and repent](#) (19/05/2011)
- [Appease Jesus' pierced heart, celebrate the Feast of Corpus Christi, come reverently to Jesus' sacrifice at Holy Mass and love sacrificially](#) (10/06/2012)
- [Holy Mass etiquette, its true meaning, and prayers to pray before and during Mass](#) (19/08/2012)
- [Father God to Pope Francis: only priests to give Communion, kneel or genuflect and receive in the mouth - not on the hands](#) (30/04/2014)
- [A message from God the Father Almighty to priests, bishops and the holy pope about Holy Communion and proper conduct in Holy Mass](#) (01/08/2014)
- [Father God explains Jesus' sacrifice in Mass and conduct that hurts him when attending](#) (01/09/2014)
- [Pray against Satanism: this hidden cult is widespread in the Church – many wolves dressed in sheep's clothing cause Jesus much pain](#) (26/09/2014)
- [Only priests should be giving Holy Communion in Holy Mass and opening the doors of tabernacles](#) (25/01/2017)
- [Ministers of the Eucharist are not God's desire: Only priests, bishops, cardinals and the pope are to give Communion – in the mouth](#) (20/08/2019)
- [Priests who administer the Sacraments to all, without fear of disease, death or the forces of evil, are being faithful to their Ordination vows](#) (01/02/2021)
- [The will of God is not being respected in administering Holy Communion – prayer and fasting is essential fighting the enemy](#) (23/03/2021)
- [God pours his graces and protection upon those who receive Holy Communion on the knees and in the mouth](#) (21/04/2021)
- [Jesus' Precious Body and Blood is being desecrated in his churches: he must be given in the mouth – he is healer, not the giver of disease](#) (28/04/2022)
- [This life is a short journey to eternal life: seek first the Kingdom of God and follow his commandments in the sacrifice of Holy Mass](#) (03/10/2022)
- [Jesus instructs priests to expose his Blessed Sacrament](#) (05/07/2010)
- [Priests must keep doors open for Adoration as all will be protected](#) (16/05/2011)
- [Jesus asks us to spare him one hour of Adoration a week](#) (28/06/2010)

In addition to the above requests from the Holy Trinity:

- **Mother Mary and Jesus have confirmed the same through other visionaries**, such as: Our Lady of Roses through Veronica Leuken in 1984, Our Lady of Akita through stigmatist Sister Agnes Katsuko Sasagawa in 1973, and Jesus and Mary through Rosa Lopez from 1995 to 2000. Jesus also told St Bridget of Sweden in 1373 that priests had the privilege to touch his most holy Flesh with their hands (not others).
- **Miracles have confirmed the same:** St Catherine of Siena (1347–1380), St Bonaventure (1221–1274), St Mary Magdalen de Pazzi (1566–1607) and St Therese Neumann (1898–1962) were given Holy Communion from Jesus himself into their mouths. Other saints have similarly received Communion from angels, for example, when the Angel of Portugal appeared to the three Fatima visionaries Lucia, Jacinta and Francisco in 1916, they knelt to receive: then the angel provided Communion to one and the contents of the chalice to the other two. The

³ Additional messages on this subject can be searched for on www.alpha-omega.org.za.

children did not hold the host or the chalice. Consecrated hosts have flown miraculously from priests' hands (in some cases, the tabernacle) directly into the mouths (not hands) of various faithful servants of God, such as: Stigmatist St Maria Crecentia Höss (1682–1744), Stigmatist Sister Marie Columba Schonath (1730–1787), Stigmatist Marthe Robin (1902–1981) and Conchita González (b. 1949). There have even been Eucharistic miracles where animals have knelt down before consecrated hosts.

- **The souls in purgatory have confirmed the same** through Mystic Maria Simma (1915–2004), who devoted her life to the poor and received regular visits from the souls in purgatory.
- **Pope saints have confirmed the same:** Pope St Sixtus I (AD 42–125) wrote, “It is prohibited for the faithful to even touch the sacred vessels or receive in the hand. The sacred vessels are not to be handled by others than those consecrated to the Lord.” Pope St Eutychian (275–283) forbade the faithful from Communion on their hands. St Basil the Great (330–379), one of the four great Eastern Fathers, considered Communion on the hand so irregular that he did not hesitate to consider it a grave fault. Pope St Leo the Great (440–461) energetically defended and required faithful obedience to the practice of administering Holy Communion on the tongue of the faithful. Saint Pope Pius X (1903–1914) stated that at the moment of receiving Holy Communion, one must kneel. Pope St Paul VI (1963–1978) recognised that Communion on the tongue was more conducive to faith, reverence and humility and must be retained. Pope St John Paul II (1920–2005) had a sign posted at St Peter’s Basilica specifying that all priests who celebrated Mass in St Peter’s were, no matter where they came from, to give Communion on the tongue. He also stated⁴, “I did not revoke what any of my predecessors said about this... here, my dear priests and dear brothers and sisters, only Communion on the tongue and kneeling is allowed. I say this to you as your Bishop.” Pope St John Paul II also wrote⁵, “To touch the sacred species and to distribute them with their own hands is a privilege of the ordained, one which indicates an active participation in the ministry of the Eucharist.” Furthermore⁶, “It is not permitted that the faithful should themselves pick up the consecrated bread and the sacred chalice, still less that they should hand them from one to another.” Pope St John Paul II stated⁷, “There is an apostolic letter on the existence of a special valid permission for this [Communion on the hand]. But I tell you that I am not in favour of this practice, nor do I recommend it.”
- **Other saints have confirmed the same:** St Augustine (354–430) writes⁸, “But no-one eats this flesh, before he has not adored it... we sin if we do not adore it.” St Thomas Aquinas (1225–1274) in his *Summa Theologica* wrote, “The dispensing of Christ’s Body belongs to the priest for three reasons. First, because, as was said above, he consecrates in the person of Christ. But as Christ consecrated His Body at the Supper, so also He gave it to others to be partaken of by them. Accordingly, as the consecration of Christ’s Body belongs to the priest, so likewise does the dispensing belong to him. Secondly, because the priest is the appointed intermediary between God and the people, hence as it belongs to him to offer the people’s gifts to God, so it belongs to him to deliver the consecrated gifts to the people. Thirdly, because out of reverence towards this Sacrament, nothing touches it but what is consecrated, hence the corporal and the chalice are consecrated, and likewise the priest’s hands, for touching this sacrament. Hence it is not lawful for anyone else to touch it, except from necessity, for instance,

⁴ Sermon, March 1, 1989, Ss Nome Di Maria Church, Rome

⁵ Letter of the Supreme Pontiff, Pope John Paul II, to All the Bishops of the Church on the Mystery and Worship of the Holy Eucharist. *Dominicae Cenaе*, February 24, 1980, end of paragraph 11.

⁶ Papal Encyclical: *Inaestimabile Donum*, April 17, 1980, on the Mass, no. 9

⁷ Responding to a reporter from *Stimme des Glaubens* magazine, during his visit to Fulda, Germany in November 1980, 101 Times, Vol.4, No.2, 1992

⁸ Enarrationes in Psalmos 98:9

if it were to fall upon the ground, or else in some other case of urgency.” St Teresa of Calcutta (1910–1997) also stated⁹, “Wherever I go in the whole world, the thing that makes me the saddest is watching people receive Communion on the hands”.

- **The Catechism of the Catholic Church confirms the same:** The Council held at Saragossa in AD 380 decreed excommunication to anyone who dared to continue the practice of Communion on the hand. The local council at Rouen in France in 650 also stated, “Do not put the Eucharist in the hands of any layman or laywomen but only in their mouths.” In 692, the Council of Constantinople, which was known as the Council in Trullo (not one of the ecumenical councils held there) prohibited the faithful from giving Communion to themselves. It decreed an excommunication of one week’s duration for those who did so in the presence of a bishop, priest or deacon. The Council of Trent (1545–1563) also stated that priests alone have been given power to consecrate and administer the Holy Eucharist and that no one else is to touch it. The Catholic Catechism today makes no mention of hands or mouth, meaning that the Council of Trent applies.
- **The law of the Church**, as confirmed by Pope Paul VI, also states that Communion railings must remain in Churches for those who wish to receive Communion kneeling. Despite this fact, many churches today are in violation of this law. If kneelers were reintroduced, priests would be able to give Communion to more people, with reverence, in a shorter space of time.
- **The true Bible, the Latin Vulgate¹⁰, confirms the same:** at the Last Supper, Jesus didn’t tell his Apostles to “take”, but to “receive” his Precious Body – no doubt, in the mouth, as per sacred traditions. For example, in Matthew 26:26, Jesus said “*Accipite, et comedite: hoc est corpus meum.*” The correct translation of this verse is: “Receive ye, and eat. This is my body.”¹¹ In addition, bread was traditionally served before the main meal, which aligns with the Church’s traditional teachings of fasting prior to receiving Communion.

Unfortunately, today, many are believing fables, such as fabricated quotes attributed to St Cyril to create propaganda tracts¹² that are being ignorantly taught to many First Holy Communicants. As was prophesied more than 2,000 years ago:

“For there shall be a time, when they will not endure sound doctrine; but, according to their own desires, they will heap to themselves teachers, having itching ears: And will indeed turn away their hearing from the truth, but will be turned unto fables. But be thou vigilant, labour in all things, do the work of an evangelist, fulfill thy ministry. Be sober.” (2 Timothy 4:3–5)

We must pray for these changes in our Church, which in time to come our Heavenly Father says will take place¹³, but in the interim, we should make every effort to be obedient to God’s commandments.

⁹ As reported by Fr George Rutler in his 1989 Good Friday sermon at St Agnes Church, New York. When Mother Teresa of Calcutta was asked by Fr Rutler, “What do you think is the worst problem in the world today?” without pausing a second, she gave the above reply.

¹⁰ As declared by the Council of Trent and confirmed the Holy Trinity in this message: “[God confirms that many Bibles in circulation are defiled and that the Latin Vulgate, translated to the Douay-Rheims, is the true Bible](#)” (28/02/2019) in “Conversations” on [www.alpha-omega.org.za](#)

¹¹ See the “Which Bible?” section in “[Alpha and Omega Healing Seminar presentation overview](#)” in “Resources” where the correct translation of this verse and many others are highlighted.

¹² as highlighted in the research of Dr Taylor Marshall and Michael Davies

¹³ See “[The proper way to receive Communion will be introduced by Pope Francis](#)” (24/08/2017) in “Conversations” on [www.alpha-omega.org.za](#).