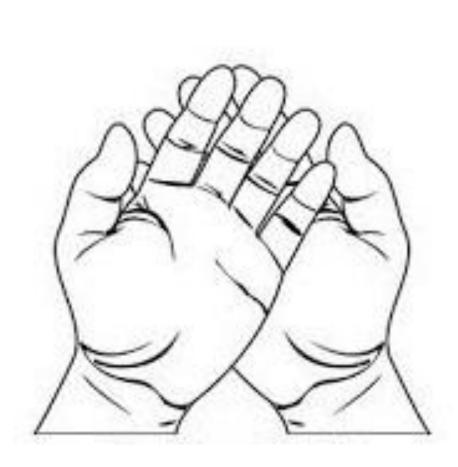
## My hand positions for receiving Communion





My hands are folded in prayer as I approach the altar. I fold my hands in prayer as I return to my pew.

I make a table to receive the host.