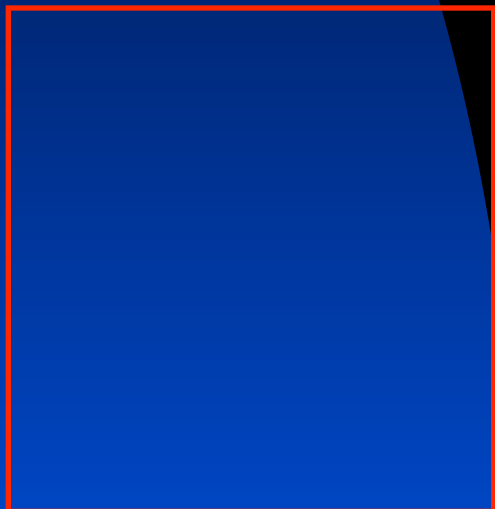


# Guide for Extraordinary Ministers of the Eucharist

St. Mary of the Immaculate Conception  
Church

Boise, Idaho



# The Constitution of Sacred Liturgy

The first document promulgated by the *Second Vatican Council*, reaffirms that Christ is always present in the Church, especially in its liturgical celebrations. Christ is present when the Church prays and sings, in the proclamation of the Word, in the person of the minister and especially present under the Eucharistic elements.

# 1. Liturgical Celebrations

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For the Catholic, Mass is of paramount importance.

It is the summit toward which the activity of the Church is directed ; at the same time it is the fount from which all the Church's power flows.



# Heart of the celebration.

- Eucharistic Prayer.
- In the gathering, the breaking of bread, in the eating and the drinking the faithful are joined together as members of Christ's mystical Body, sharing the one life of the Spirit.

# When large numbers of the faithful are present

- The Presider will frequently need assistance in distributing Holy Communion so that Communion will not be unduly long.
- Will regularly need this assistance when Communion is given under both species. Deacons and concelebrating priests assist as *ordinary* ministers of Communion.

# Others

- Extraordinary Ministers of Holy Communion, either formally commissioned for a given period of time or temporarily deputed by the presider, will frequently give this assistance.
- You serve Christ who is present in the assembly by ministering His Body and Blood to your sisters and brothers.
- Bring Communion to the sick, aged, or when other causes prevent them from taking part in the Mass.

# You are a Minister

- You are entrusted leaders in our community.
- Genuine ministry is about humble service. The model for all ministry is Christ the Lord who came to serve, not to be served.



# The Spirit of the Lord is upon you.

- To be fully initiated members of the community both male and female, of sufficient age and maturity, and of diverse ethnic background.
- Those who serve in this public ministry of the Church, faith must be supported by visible signs.



# Training and ongoing formation

- Training should include: education, formation and support.
- Many of the classes available on the “Formed” education part of St. Mary’s Parish Website can deepen our understanding and reverence for the Eucharist.



# Length of Service

- The ministry and renewal of the term of service is mutually agreed upon by the individual and the parish.
- Parishes may wish to limit a person's service to one liturgical ministry at any given time.



# Procedures: Reverence and Attire

- EM should show reverence for the Eucharist. That reverence is reflected in their demeanor at Mass. Remember the four ways Jesus is present at Mass. Who can tell me what they are?
- Please see that your hands are clean. Hand Sanitizer is available in sanctuary. No strong cologne, perfumes or aftershave.

# Your choice of attire.

- There is no dress code at St. Mary's, however, there are some basic principles.
- First, and most importantly, know that you are a leader in our community.

# Simplicity, modesty and dignity are your goal.



- Your clothing should never distract from your ministry.
- Most people in the assembly will spend much energy looking at you.
- Summer is more relaxed.

# Responsibilities

- Arrive at least 15 minutes prior to Mass.
- This is important because each Mass can have up to 6 EMs.
- Also if we have special occasions, you may be “bumped” by the Bishop or Concelebrating Priests.

# From the Assembly

- The EM sits with the assembly. Come up and take your places during the “Lamb of God.”
- When the Cup is administered by an EM, the cup is not to be left on the altar, please bring it into the sacristy.
- Some Deacons have the practice of purifying the chalices/cups on the altar. You may need to be flexible and take a “cue” from them.

# Gestures before Receiving Communion

- The Faithful are to make a sign of reverence before receiving Communion.
- The Bishop's Conference of the United States recommends that the faithful should bow their head before receiving under either or both kinds.
- Some of the Faithful will kneel down to receive the Sacred Host on the tongue. Go with the flow and maintain reverence.



# EM Placement on Altar:

- Please plan to be observant and flexible
- You may have to step into the role of Deacon  
By getting the Sacred Vessels out of the tabernacle  
and returning them at the end of communion.
- The number of Host Minister and Precious Blood  
Minister varies with Sunday Mass, Funerals  
and Weddings: Ask Father or the Deacon.
- The main point: stay calm while Father is counting  
noses and making last-minute adjustments.

# EM Placement on the Altar

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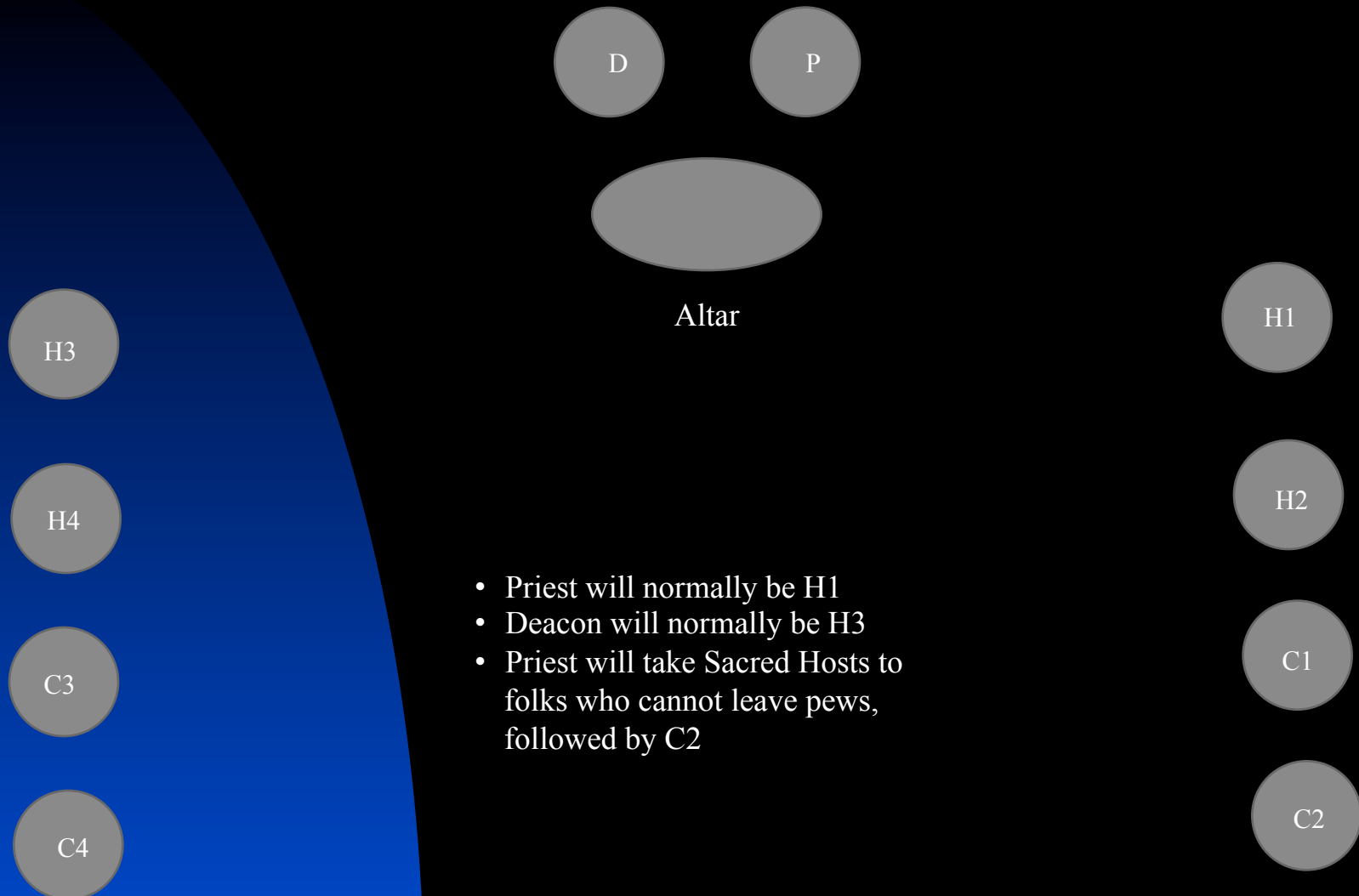
Regular Sunday: 4 Hosts, 4 Cups

Smaller Celebrations: 2 Hosts, 4 Cups

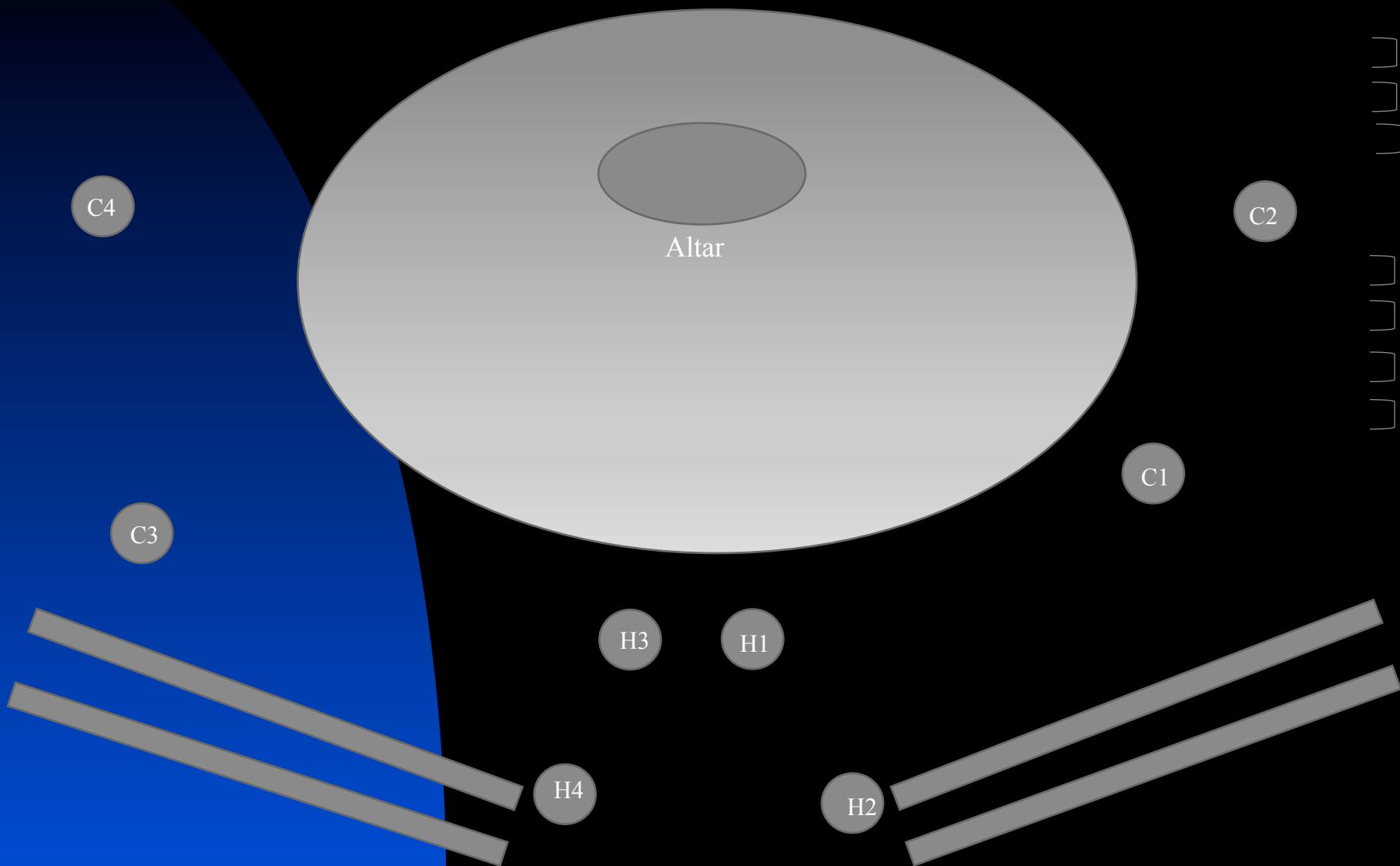
School Mass: They have their own system

Small Weddings/Funerals: 1 Hosts, 2 Cups

# Regular Sunday at *Lamb of God*



# Regular Sunday Communion Distribution when H1 and C2 *Return*:



# Ministering the Sacred Host

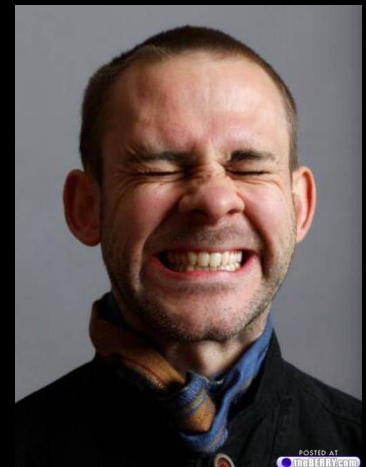
- The Priest Celebrant begins the distribution of the Sacred Hosts by moving off the altar to the infirm and disabled in the assembly.
- One EM of the Most Precious Blood follows Father and ministers the cup to the infirm
- In giving Communion, the minister holds a Host or Gluten Free Host slightly above the vessel, looks at the communicant and says in a clear voice “The Body of Christ.”

# Blessings for Adults & Children

- At St. Mary's, we have the custom of Deacons and Lay EMs giving a blessing to those who are not receiving the sacred host.
- Folks approach with hands crossed over their chest.
- A Simple hand gesture is great, perhaps placing your hand lightly on the blessed person's head.
- You may wish to softly say, "I bless you in the name of the Father, and of the Son, and of the Holy Spirit.
- At Spanish Masses, the Deacons and EMs, holding the Sacred Host, impart the blessing.

# Ministering the Sacred Host

- The communicant responds with “Amen.”
- Some communicants may respond, “I believe”
- Some communicants may reach up and grab the
- Sacred Host. Some may bite. While not recommended or condoned, *Try Not to React!*



# Giving the Cup: “The Blood of Christ”

- The minister holds the cup up slightly and says in a clear voice while looking at the communicate: “The Blood of Christ.”
- The minister gives the cup to the communicant who takes it entirely into his/her hands, drinks from it and returns it to the minister.
- The minister then wipes the rim of the cup with the purificator, gives the cup a quarter turn and offers it to the next communicant.



# Children receiving.

- Children are encouraged to receive Communion under both kinds. As with adults, they should be properly instructed. Also they should take direction from their parents about receiving the Precious Blood from the cup.



# Intinction

- Although described in the Norms for the Distribution and Reception of Holy Communion Under both Kinds in the Dioceses of the United States of America, the practice of receiving Communion by “Intinction” seems to not occur at St. Mary’s
- This practice seems to stand in contrast with Jesus’ command :”take and drink.”
- Seems to make more likely the dropping of the Sacred Host and spilling of the Most Precious Blood.

# If the Host is Dropped....

- The minister has several options. You may bring the dropped host to the altar/ sacristy. You may hold the host in the same hand as the vessel.
- After distribution return to the altar or sacristy where it may be consumed or dissolved in a bowl of water, which is then poured into the special sink (sacrarium).

# Accident with the Precious Blood

- The minister should cover the spillage with a purificator, first asking the communicant to proceed to another minister of the cup. Clean up the space as best you can with the purificator.
- After Mass the area should be washed with a damp clean purificator. Clean (damp) towels should be used if the area is large. The cloths are rinsed then wrung into the special sink.

# Purification of the Sacred Vessels

- After the distribution of Communion, any remaining Eucharistic Bread or hosts are to be placed in the tabernacle – usually by the Deacon of the Altar.
- Any remaining Precious Blood should be consumed by the Priest, Deacon or EM (in the sacristy)
- The reverence due to the Precious Blood demands that it be fully consumed after Communion is completed and NEVER be poured into the ground or the Sacrarium.
- Vessels are to be taken to the the side table or the sacristy where they are cleansed. Practice varies somewhat from Mass to Mass. At most English Masses: MPB consumed reverently in sacristy.

# Purification of the Sacred Vessels

- Deacons and Priests normally purify the vessels after Mass.
- Fr. John has delegated this to our lay EMs as well as quite often after Mass the Deacons and Priests get pulled aside by parishioners to resolve issues, talk, etc.

# Purification of the Sacred Vessels

- Please see other information about using the dishwasher in the sacristy to clean vessels.
- Additional pointers for the distribution of “Gluten Free” hosts are posted in the sacristy as well.

## 2. To the Sick and Homebound.

- If you wish to bring Communion to the your home-bound relatives and parishioner friends, your ministry will expand and be very appreciated.
- Communication and coordination with the ladies in the Parish Office is strongly encouraged.
- In emergencies, you may certainly approach Father John or any other Priest/Deacon to arrange for Communion to the Sick.



## 2. To the Sick and Homebound.

- You will be given a pyx and ritual prayer book to assist you.
- If your ministry to a home-bound person is to continue, coordination with the Parish Office is strongly recommended so that we can coordinate for other sacraments as well.
- In a hospice situation, where swallowing the Sacred Host is difficult/impossible, there is an eye-dropper bottle of the MPB in the tabernacle for your use.

## 2. To the Sick and Homebound.

- Obviously, if a home-bound communicant is receiving the MPB by a drop on the tongue, their situation may require coordination with a Priest for Reconciliation and Anointing.
- Coordination with our Parish Nurses and prayer ministry may also be helpful, with due respect for the privacy of the family.

# Ministry to the Sick and Homebound

- In the future it may be necessary for EMs ministering to the sick and homebound to have a background screening, which would include fingerprinting and completion of the “Safe Environment Program” for the Diocese of Boise – stand by for more information.

### 3. Ministry in Hospitals/Nursing Homes

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- This is probably the most intense and demanding of all Eucharistic Ministry
- Requires the ability to coordinate with the Deacons and Priests who lead this ministry and the Parish Office.

### 3. Ministry in Hospitals/Nursing Homes

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- Quite valuable to be able to work “side-by-side” with the trained hospital chaplains.
- Requires great sensitivity to family needs, issues of death and dying, ability to act independently and represent appropriately St. Mary’s Parish .

# Please avoid...

- visiting the sick or ministering Communion if you are sick.
- staying too long or taking the role of a counselor or confidant.
- any delays in going directly to a home/hospital - and returning unconsumed hosts to the tabernacle immediately after your visit.

# Questions?



# How to Sign Up.....

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- Call the Parish Office  
@ 208-344-2597