

## **Guide for Extraordinary Ministers of Holy Communion (EMs)**

As an Extraordinary Minister of Holy Communion, you are called to assist the priest and deacon in the distribution of the Eucharist when there are not enough ordinary ministers. This is a sacred service, not a position of honor. It requires humility, reverence, and a deep love for the Real Presence of Christ.

### **1. Preparation Before Mass**

- Arrive 15–20 minutes early. Sign in and confirm your assigned station or task in the sacristy.
- Dress appropriately: modest, neat, and respectful (avoid jeans, shorts, flashy clothing, or logos).
- Check in with the coordinator if there are last-minute adjustments.

### **2. During the Liturgy**

- Remain with the assembly until after the Sign of Peace.
- During the ‘Lamb of God’ approach the sanctuary reverently.
- Sanitize your hands discreetly before distribution.
- Stand in a designated area until you receive the Body of Christ from the priest or deacon.

### **3. Receiving Communion**

- The priest or deacon will offer you Communion first. Say “Amen” in response.
- After receiving, proceed carefully to your assigned station.

### **4. Distributing Holy Communion**

- Use only the prescribed words:
- For the Host: "The Body of Christ."
- Wait for the communicant’s “Amen” before giving Communion. Distribute slowly and reverently. Hold the Host at chest level. Make eye contact briefly — this is a sacred encounter.
- If a Host is dropped, pick it up immediately and consume it.
- For non-receivers/children: make sign of the cross on their forehead with your thumb

### **5. After Distribution**

- Return to the altar reverently when your line is finished.
- Hand the vessel (ciborium) to the priest or deacon or place it on the corporal as directed.
- Return to your seat quietly after the vessels are purified.

### **6. Bringing Communion to the sick or homebound**

- Sign the book in the working sacristy.
- Place your open pyx on the credence table with a post-it note indicating required number of hosts.
- After communion the deacon or presider will call you forward to receive your pyx.
- Leave immediately. Do not return to your pew.

### **7. Common Reminders**

- Move with reverence and calm.
- Avoid any talking in the sanctuary.
- Do not improvise or add words to the Communion formula.
- Never self-communicate unless instructed by the priest.
- Be attentive, respectful, and gentle with each communicant.

I have read the above rules and guidelines and will abide by them.

Name \_\_\_\_\_

Date \_\_\_\_\_