

MARY QUEEN CATHOLIC CHURCH EXTRAORDINARY MINISTER OF HOLY COMMUNION

New EMHC Training 2023



Mary Queen Catholic Church
Friendswood, Texas
Archdiocese of Galveston-Houston



Extraordinary Minister of Holy Communion

EMHC GENERAL REQUIREMENTS



1. **Must be fully initiated (those who have been baptized, confirmed and have received First Communion).**
2. **Must be at least 18 years old or a senior in High School.**
3. **If married, must be in a marriage recognized by the Roman Catholic Church.**



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EMHC Mission Statement

Each of us in baptism was anointed priest, prophet and king so that we might go forth to minister. Vatican II has reaffirmed our participation in the fullness of ministry as was the tradition in the early church. As Extraordinary Ministers, we have been called to serve God's people in a very special way. In accepting this responsibility, not only have we agreed to demonstrate our love and understanding of the Eucharist, we have also committed to grow in faith by experiencing Eucharist in our daily lives. In ministering, to the assembly at Mass and to those unable to attend because of illness or infirmity, we strive to reawaken in each communicant the fullest meaning of the Eucharist.

As Extraordinary Ministers of Holy Communion we answer the Lord Jesus' call to serve. Our service to Mary Queen Catholic Community is our way of sharing in our relationship with God while developing an every deepening commitment to strengthen the spirit of the Body of Christ with the Community.



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St. Tarsicius

Tarsicius was an acolyte or perhaps a deacon in Rome. He was accosted and beaten to death on the Appian Way by a mob while carrying the Eucharist to some Christians in prison. The incident is included in Cardinal Wiseman's novel "Fabiola", and Pope Damasus wrote a poem about it. Tarsicius is the patron of first communicants and his feast day is August 15th.



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History

In 1910, Pope ius X called for Catholics to receive Holy Communion frequently. Under Pope Paul VI the option of Communion by the hand was restored, and the Second Vatican Council called for the Precious Blood of Christ to again be offered to the faithful. In 1973, the document *Immensae Caritatis* (infinite love) was promulgated, allowing lay persons to act as ministers of Holy Communion as in the early centuries of the church. This permission was given in direct answer to the needs of the Church. With more people receiving Communion frequently and under both forms, lay persons were needed to assist priests with the following tasks:

Distributing Communion at Mass

Bringing Communion to the sick and homebound.

In 1980, the U.S. bishops authorized the use of lay ministers of the Eucharist to assist the priest in distributing ashes on Ash Wednesday. In 1985, the U.S. bishops futher authorized them to help priests bless throats on the Feast of St. Blaise.



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General Instruction of Roman Missal (GIRM)

In order, then, that the faithful who are in the state of grace and rightly and devoutly wish to share in the sacred meal may not be deprived of this sacramental aid and solace, Pope Paul VI has decided it opportune to authorize special ministers who will be empowered to give communion to themselves and others of the faithful, under the exact and specified conditions here listed.

In the mysterious presence of the risen Jesus, and EMHC is called by God to handle what no one otherwise dares to touch.

No one is to be chosen whose appointment the faithful might find disquieting.



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Pope Paul VI put it this way:

“The person appointed for this task must be duly instructed and should distinguish himself or herself by Christian life, faith, and morals, striving to be worthy of this great office, cultivating devotion to the Holy Eucharist, and acting as an example to the other faithful by piety and reverence for this most holy sacrament of the altar. Let no one be chosen whose selection may cause scandal among the faithful.”

Each Mass at which a minister serves should be preceded by prayer and careful observance of the Eucharist fast (nothing but water or medicine for 1 full hour before receiving Communion). The Sacrament of Reconciliation should also be embraced as a means for preparing to receive and distribute the Eucharist. The minister should seek to grow in their devotion to the Eucharist by prayer and spiritual reading. Taking part in Adoration and or Benediction of the Blessed Sacrament is also encouraged.



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Spirituality of the Ministry

The True Presence: Once the bread and wine are consecrated by a priest at Mass, they become the Body and Blood of Christ. The outward appearance of bread and wine is preserved, but in their essence these gifts become Christ Himself. Each Eucharist is a new Incarnation as God “takes Flesh” among His people to strengthen and guide them on their pilgrim way. God is truly present in the Eucharist, and receiving Communion is the closest we will get to Him before we meet Him face to face in the life to come.

Mother Mary: There is no more perfect model for an Extraordinary Minister than Mary. Mary carried the Body of Christ for 9 months, and brought Him to the whole world as a gift. The Eucharist you will distribute is a sign and symbol of this beautiful act of love. Mary was the God Bearer, something all baptized Christians are called to be. And God chose Mary for her humility and purity, the most important characteristics for a good Extraordinary Minister.



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EMHC Commitment

Baptism anointed us as Priest, Prophet and King to go forth and minister.

Commitment – Answering the Lord Jesus’ call to serve in a special way.

Minister at Mass and/or as a member of the Ministry of Care Team.

As Laity we become one common body in COMMUNION with the assembly.

EMHCs reawaken the fullest meaning of the Eucharist in each Communicant.



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ANNUAL ADULT FAITH FORMATION

All EMHCs are encouraged to continuously enhance their faith by participating in Adult Faith Formation Training each year in the form of instruction, workshops or retreats.

The EMHC Adult Faith Formation Process is a self monitoring process based on an individual EMHC's covenant with our Heavenly Father.



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ANNUAL ADULT FAITH FORMATION



Throughout the year, an abundance of adult faith formation sessions are available on the campus of Mary Queen as well as other locations throughout the Archdiocese of Galveston Houston. In addition, reputable online Adult Faith Formation sessions are available and can be attended.

A current list of Adult Faith Formation Training Sessions is available throughout the Archdiocese (including online sessions) which are provided within the archdiocesan website www.archgh.org.



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Terminology

BOWL / PATEN	Vessel / plate for holding host.
CHALICE	Vessel used by the Presiderr for the Precious Blood
from the latin	word (calix) meaning cup.
CIBORIUM	Vessel for holding the Blessed Sacrament
CREDENCE TABLE	Table in the sanctuary which holds the Eucharistic vessels.
FLAGON	Vessel to hold wine.
MONSTRANCE	Vessel used to display the Blessed Sacrament during Exposition, benediction, and solemn adoration.
CORPORAL	Cloth used on the Altar for gifts to be placed on.
CRUET	Small pitcher used by the Presider or Deacon to add water to the wine.
PURIFICATOR	Cloth used to wipe chalices.
PYX	Small container for carrying consecrated hosts to the sick and homebound.
SACRARIUM	Special sink that is used for the disposal of sacred substances.



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APPROPRIATE MASS ATTIRE

As models and leaders of our community, EMHCs must be reverently dressed to receive and distribute the Precious Body and Blood of Jesus Christ at all Masses (including Weekday Masses).

As a reminder, the next series of slides contain recently updated excerpts from our EMHC Guidelines pertaining to Mary Queen Catholic Church dress attire.



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MEN'S ATTIRE

Appropriate

- Suits
- Sport jackets, dress shirt and tie
- Dress shoes
- Long sleeve shirt and tie (Summer only)
- Jacket with dress shirt (Summer only)
- Slacks with youth ministry golf shirt (LifeTeen only)
- Dockers with youth ministry golf shirt (LifeTeen only)

Not Appropriate

- Jeans
- Cargo pants
- Sneakers
- Flip flops
- Open toed sandals
- Hats
- Excessive jewelry
- Excessive fragrance
- Name tags



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WOMEN'S ATTIRE

• Appropriate

- Dresses
- Modest skirts and blouses
- Suits (dress slacks with coordinating jacket)
- Dress slacks with coordinating blouse
- Dress shoes
- All dresses and blouses must have sleeves.



• Not Appropriate

- Sleeveless tops or low cut tops are inappropriate for serving as an EMHC.
- All dresses and skirts should be of a modest length. Short dresses and shirts are inappropriate for serving as an EMHC.
- Capri pants
- Cropped pants
- Casual stretch pants
- Denim skirts and jeans
- Spaghetti strap tops & tank tops
- Sneakers & flip flops
- Casual sandals
- Headscarves
- Long mantillas
- Excessive jewelry
- Excessive fragrance
- Name tags

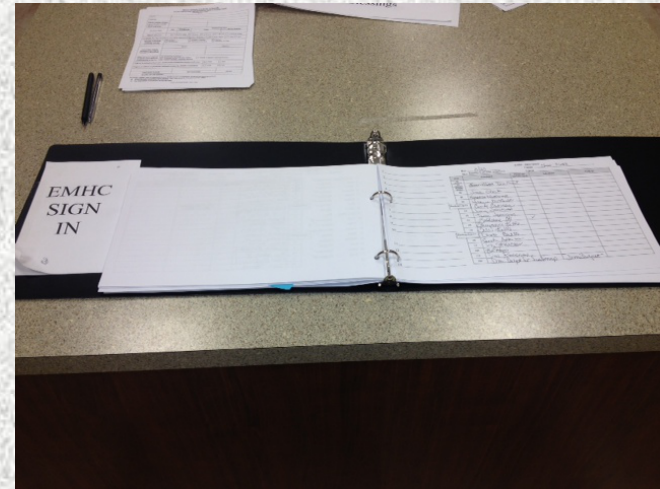


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EARLY ARRIVAL

Thanks again for arriving at least **20** minutes prior to the beginning of Mass to sign in and participate in prayer with other Liturgical Ministers. By arriving early, you continually help ensure the EMHC Captain and Worship Coordinators that an ample amount of Ministers are available to serve during the Mass.

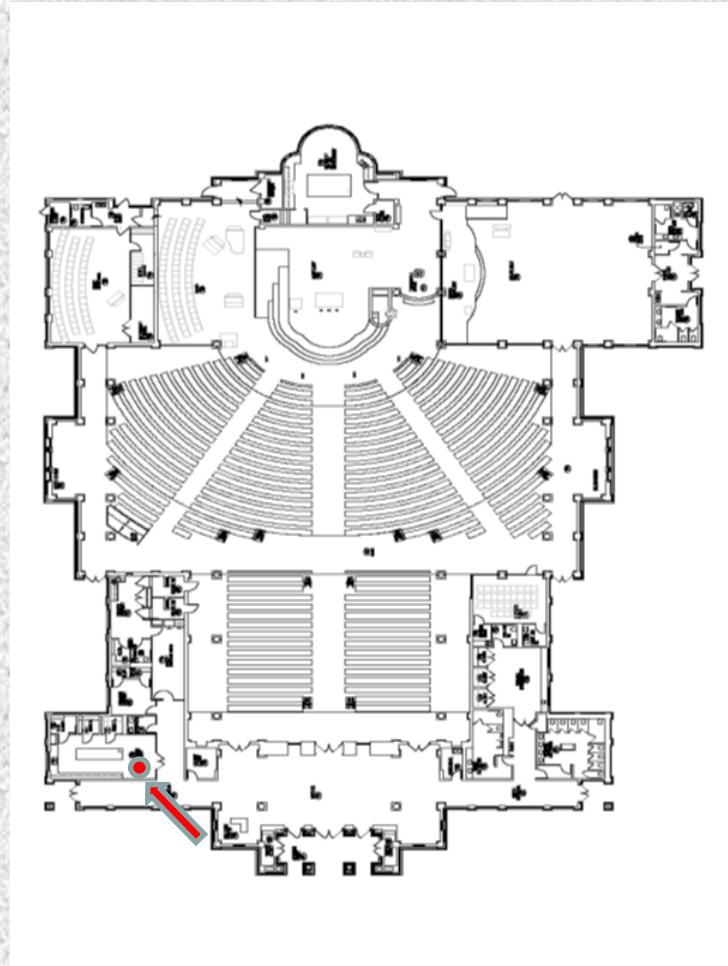
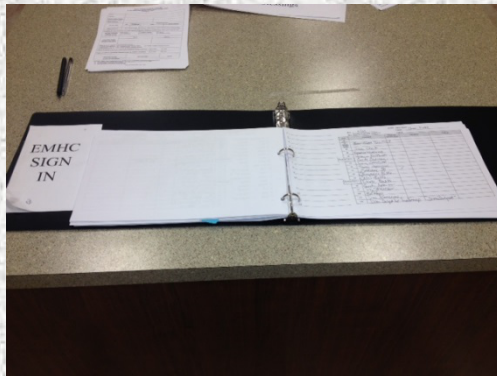
Whenever possible, please attend Masses appropriately dressed to serve as an EMHC in the event your help is needed.



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STATION ASSIGNMENTS

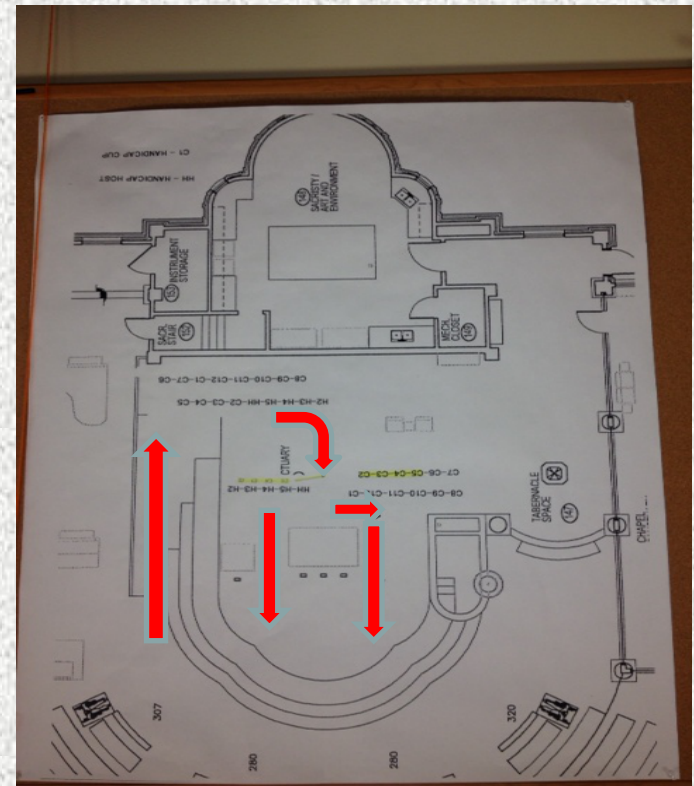
EMHCs are requested to sign in on the roster sheet in the Liturgical Sacristy upon arrival. The EMHC Captain will notify EM's if there are any changes for their Mass.



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EMHC PROCESSION

After the Sign of Peace, EMHCs are requested to immediately lineup for the Communion Procession at the top of the ramp in the rear of the Sanctuary. There are no preassigned positions within the sanctuary. If you are a cup minister – Stand on any cup symbol. If you are a host minister – Stand on any host symbol.



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HAND SANITIZATION

The health and well being of our parishioners is very important to the Mary Queen Catholic Community. As an effort to promote proper hygiene during Mass, EMHCs are encouraged to consider adopting the following practices:



- Before distributing communion, all Hosts EM's are encouraged to consider sanitizing their hands within the Liturgical Sacristy or behind the Crucifix base in the Sanctuary via available bottles of sanitizer. This is optional!



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BOWL MINISTERS

If you have distributed all of the Precious Body within your sacred bowl and there are still communicants in line:

- 1. Request the communicants to remain in line**
 - 2. Inform EMHC Bowl Minister next to your station to assist distributing if possible. OR**
 - 3. Proceed to the Priest or Deacon to obtain more Precious Body**
- The EMHC may proceed to the Priest or Deacon to obtain more hosts and return to help at same or different station or you may be requested to simply proceed to the Altar and place your sacred vessel on the bowl tray. If the Presider, Deacon, or Acolyte are at the altar then hand them your ciboria for placing any remaining Eucharist into the Main Ciboria.**



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CHALICE MINISTERS

When walking – always cover chalice completely to avoid spilling precious blood.

If the Precious Blood within your sacred Chalice has been consumed and there are still communicants in line:

- 1. Please refer the communicants to another station distributing the Precious Blood (if any)**
- 2. If your Chalice contains Precious Blood upon the completion of Communion, see if there are any other sections that need assistance, or please proceed back to the Altar. If there are no trays remaining on the altar then proceed to the Credence Table and consume, or seek some assistance from another EM. Do not stuff purificator down into the chalice.**



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COMMUNICANT OFFERING



When offering the Precious Body or Precious Blood to a communicant, graciously and without haste, make eye contact (when possible) and simply recite “The Body of Christ” or “The Blood of Christ”.

It is strictly forbidden to add the communicant's name or any other words that may seem to be a kind and personal gesture.



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COMMUNICANT BLESSING

When a communicant approaches with hands folded across their chest, this represents a sign of their request to receive a blessing in lieu of communion.

Priests and Deacons are the only ones allowed to give a formal blessing of the Church and bowl ministers are permitted to offer simple prayerful blessings.

Due to risk of spillage, chalice ministers are requested to **refrain** from offering blessings to any communicant.



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COMMUNICANT BLESSING

The simple prayerful blessing can be accomplished by gently placing the edge of your hand on the communicant's shoulder and reciting a blessing phrase such as "May God Bless You and Keep You".



Please avoid contacting the communicant's skin or hair with tips of fingers utilized to distribute communion.

Note: Formal blessings whereby the sign of the cross is administered is reserved for Clergy members only.



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INFANT AND CHILD BLESSINGS



When a child or communicant holding an infant approaches, bowl ministers are permitted to offer simple prayerful blessing phrases discussed on previous slides on behalf of the Church.

Due to risk of spillage, chalice ministers are requested to **refrain** from offering blessings to infants and children.

If a child is not interested in receiving a blessing and walks away, please **refrain** from leaving your station to follow the child to administer a blessing.



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EMHC CHALICES

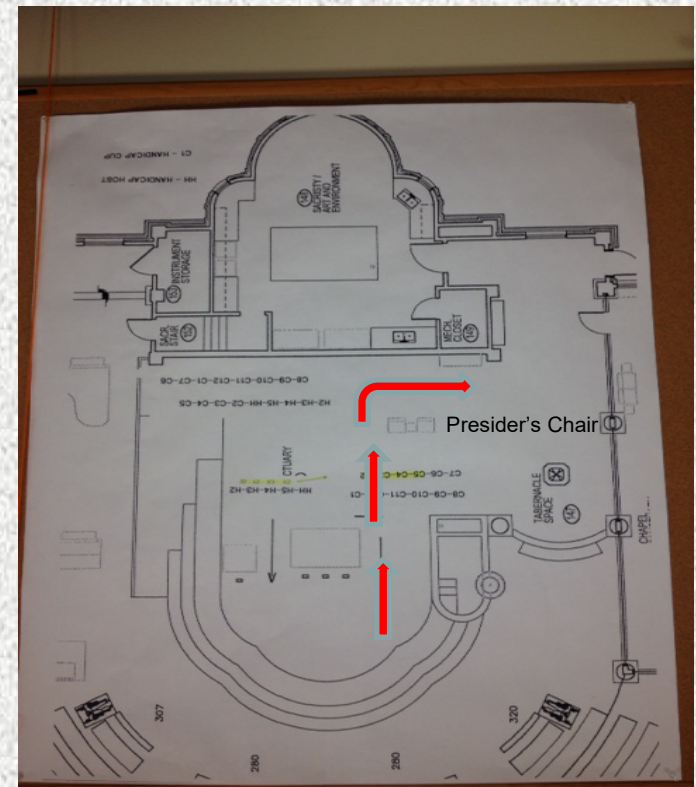
After communicant receives the Precious Blood, EMHCs are required to prepare the chalice for the next communicant by thoroughly wiping the contacted area with a clean portion of their purificator and rotating the chalice at least $\frac{1}{4}$ turn.



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Ministers of the Precious Blood

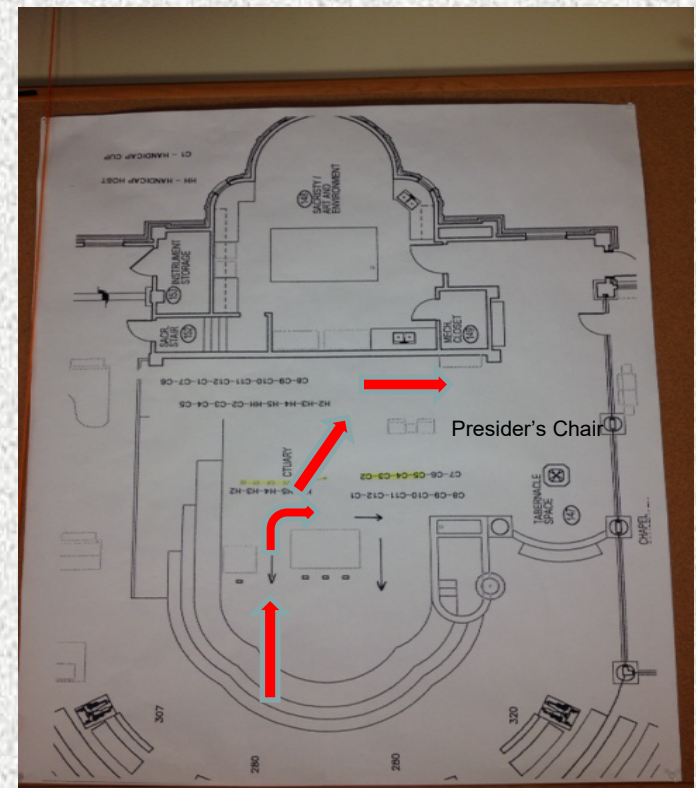
When returning to the Sanctuary – the 1st and 2nd Cup Minister should look to see if the Cup Trays are still on the altar. If they are, please take them to the Credence Table. If they are already off of the altar proceed to the back of the sanctuary and proceed behind the Presiders Chair (**never walk in front of the Priest**) to the Credence table to consume any remaining precious blood and place cup and purificator on the tray.



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Ministers of the Precious Body

When returning to the Sanctuary – Proceed up the left side Of the altar and place your ciborium on the tray so that the Deacon or Acolyte may place remaining hosts into the main ciborium that holds the reserved Eucharist. All EM's should proceed down the ramp and back to their seats. The minister with the last ciborium will wait for the tray and take it to the credence table, remember never walk in front of the Priest. There is no need for any additional people waiting around the altar.



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CHALICE CLEANSING



Due to the delicate surface nature of our multi-pieced Chalices, EMHCs are requested to exercise special care when cleaning the Chalices during communion and within the A/E Sacristy.

Please ensure that the Chalice is cleaned with purificators after each communicant without applying excessive force or tension.

Note: Excessive force or tension applied to multi-pieced Chalices can sometimes result in the separation of bowl from the stem and

se.



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Precious Blood Spills



- Always cover your chalice with the purificator when walking.
- Lay the purificator over any spilled precious blood and leave covered until after Mass.
- Make sure the team captain or Acolyte knows about it. Attend to the spilled area immediately after Mass.
- Take wet cloth (towel) and wipe area thoroughly and reverently to get up any Precious Blood remaining on the floor.
- Rinse the purificator and the wet cloth or towel in the Sacrarium only.
- Please make sure no one picks up the purificator from the floor until the area has been thoroughly cleaned.
- If any EMHC sees a purificator on the floor, DO NOT PICK IT UP, you can assume that it is covering a spill.
- Thank you for your attention to this important issue.



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CIBORIUM PROCESSION

The distribution of Communion formally ends when the Acolyte/Deacon transfers remaining hosts in the form of the Sacred Body of Christ from EMHC Bowls to a large Ciborium.

The Acolyte/Deacon reverently carries the Ciborium to the Tabernacle for placement.



While exiting the A/E Sacristy near the Choir Area, please pause briefly to ensure that you will not distract others from the placement of the Ciborium back into the Tabernacle.



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DISMISSAL



At the conclusion of Mass, the Presider concludes the service with a Final Blessing followed by a Recessional Hymn from the Choir.

In order to sustain the dignity and reverence of the Holy Mass, EMHCs that plan to assist with vessel cleansing in the A/E Sacristy are requested to remain in their pews until the Procession has exited the Nave of the church.

IMPORTANT: All Liturgical Ministers should also refrain from entering the Sanctuary area until the Choir has completed the Recessional Hymn.



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SUMMARY

The Mary Queen EMHC Ministry is a dynamic and vibrant ministry that contributes it's success to your willingness to devote precious time each weekend to serve our Heavenly Father.

As you continue your journey as an EMHC Minister, please continue to adhere to the basic fundamentals of our EMHC Ministry that allows us to participate in an active consistent manner with Clergy during the Liturgy of the Eucharist.



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ADVANCEMENT OPPORTUNITIES



Another important aspect of our EMHC Ministry is the development of current EMHCs to serve in the leadership positions of Captain. If you are interested in elevating your service to our Heavenly Father to the Captain position, training is available in group and individual settings.

Please consider becoming a Captain by contacting the EMHC Coordinators identified on the following slide.



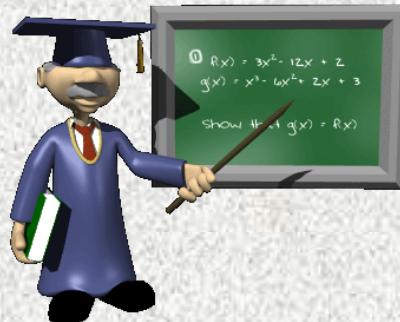
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CONTACT INFORMATION

If you have any questions or would like to discuss the EMHC Ministry Program, please contact the following EMHC Ministry Coordinators:

Deacon Chuck Turner - cturner@maryqueenchurch.org – 832-618-4647

Albert Cipolla – ahcipolla@gmail.com – 713-899-0812



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EMHC PRAYER

**Lord, as the apostle John stood next to Your Son's Cross,
so I am privileged to stand next to Your Altar Table
and serve in the Holy Sacrifice of the mass.**

**In a long tradition of priestly people,
I am grateful for the honor that is mine.**

**May my behavior and the attitude of my heart
reflect that holy honor
as I strive to serve in a sacred way.**

**With awe and wonder, I will hold in my hands
the Body of Christ and His Sacred Blood,
so that my sisters and brothers
may be fed with the Food of Life.**

Make my heart and hands clean.

**Free me from anything of vanity and pride
that might divorce me and the service that is mine
from the heart of the Divine Mystery
residing in this Holy Meal.**

**May I, with Your Constant Assistance,
truly wait upon You and Your people
in this Holy Liturgy of Praise and Adoration. Amen**

