

EXTRA-ORDINARY MINISTERS OF HOLY COMMUNION “EMHCs” GUIDE

❖ **Before Mass:**

- Please arrive at least 10 minutes prior to the start of Mass
- Check the schedule located in the sacristy to verify that you are scheduled to serve that Mass.
- If the Deacon is vested, he will help distribute Holy Communion. As an Ordinary Minister of Holy Communion he has this right.
 - The schedule does not always reflect the service of the deacon which effects the need for EMHCs. Please know that we are grateful for your flexibility.
 - For the time being we will retain the practice of distributing the consecrated hosts via two ministers. The reception of the Precious Blood, by the assembly, has not yet been reinstated.

❖ **During Mass:**

- After the exchange of peace with those around you, make your way forward to the hand sanitizer station on the far sides of the front pews.
- Thoroughly sanitize your hands.
- During the Lamb of God, you are invited to kneel, if you are able, on the lowest step into the sanctuary. If/when you are uncomfortable kneeling you may also sit in the front pew.
- After the priest receives Holy Communion, and sanitizes his hands, please stand and come to the front of the sanctuary. (This action will help indicate to the assembly that it is time to stand.)
- The priest will bring the Eucharist to you at the front and indicate on which side he'd like you to minister. Unless there is a pastoral need he will direct you to the side from which you came.
- The last person in your row to receive should be the sacristan or a hospitality minister. Go with them to the back to minister to those unable to come forward. They should generally be seated in that back row marked with the handicap stickers.
- Once the distribution of Holy Communion has concluded, hand the paten to Father at the foot of the steps. Remain at the steps.
- Once the ciborium is back in the tabernacle the priest will genuflect, at that time make a profound bow and return to your pew.

❖ **Special Considerations:**

- Father will be distributing from the ciborium with the remaining hosts.
 - Look to him if you run short. Be prepared, if he indicates the need, to break hosts to maximize those available.
- Be sure to smile, acknowledge those receiving the Eucharist while proclaiming “The Body of Christ,” and allow them plenty of time to bow and say Amen.
- Try and gauge those receiving, aware that those who are not Catholic, or are not prepared to receive Holy Communion, may be uncertain. If that is the case give them a simple word of encouragement such as “May the Lord bless you and keep you.”
- If someone receives the Eucharist, but does not consume it, please be aware that you may need to acknowledge that individual and ask them to consume what they have received. – If you are uncomfortable doing this please indicate the person to the priest.
- For those who come forward for a blessing I always say the same thing in recognition that those who are unbaptized, those who have not yet received First Holy Communion, and those who are not prepared to receive the Eucharist are all loved by God. Please refrain from physically touching those who have come forward for a blessing.
- If someone comes forward and indicates that they will receive on the tongue, they have the right to do so. The Archbishop has reiterated this time and again. Simply place the host firmly on the tip of their tongue. Most who receive in this manner are well adapted and know what to do.
- At times we have individuals in need of a Low-Glutton or “Glutton Free” host. This is kept in a special pyx. Father generally positions himself on the side which they are sitting and will distribute that host.

❖ **After Mass:**

- It is a nice gesture, if you are able, to check with the sacristan and offer to help with resetting things after Mass.

Thank you for your ministry!

PAX et BONUM



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