

Extraordinary Minister of Holy Communion New Training Requirements

(Bible, GIRM, Copy of Redemptionis Sacramentum (RS), EM outline)

I. Greeting and Prayer

- A. Prayer
- B. Introductions
 - 1. Deacon
 - 2. Coordinator
 - 3. Participants
- C. Review Today's Agenda
- D. EMHC Ministry Overview
 - 1. A little history
 - 2. Purpose/Role

II. Discernment for new ministers

- A. What are the requirements?
 - 1. Must be **practicing** Catholic.
 - 2. Must be 18 or a senior in HS, have received all the Sacraments of Initiation (including confirmation).
 - 3. If married, must be properly married in the Catholic Church.
 - 4. Must be a member of SMM parish.
 - 5. Pastor and Bishop must approve names.
 - 6. Individual ministers must be instituted at Mass before serving.
- B. Who can serve in this ministry?
 - 1. Persons who have a deep respect for the Eucharist as the church teaches.
 - 2. Persons who can physically carry-out the ministry.
- C. Prayerful discernment.
 - 1. Prayerfully participate in today's program and determine if this is the right time for you to enter into this ministry.
 - 2. Consider the obligations and the requirements.
- D. Filling out the discernment card.
 - 1. At the conclusion of today's training (or any other time during) place your name and phone number on the 3x5 card. Then indicate on the card if you believe this is or is not the right time for you to enter this ministry. Turn the card in to the coordinator who will then submit your name to the pastor and bishop. You will be notified when all of these steps are completed.
 - 2. If you discern that this is not the right time please indicate if you want to be contacted or invited to another training opportunity.

III. History of the Eucharist

- A. Hebrew Pass Over Meal from Old Testament
- B. Jesus' last supper Luke 22:7, and all of the Synoptics & Paul
- C. Apostolic age-early Christian followers
 - 1. House churches
 - 2. Actual meal (Agape) with blessing remembering Jesus' actions
- D. Early Church-Fathers, second century
 - 1. From large houses to public buildings
 - 2. Buildings more ornate
 - 3. Separation of clergy and lay
 - 4. Lessening participation
- E. Vatican II renewal
 - 1. Full active and conscious participation
 - 2. What we do today.

IV. Theology of the Eucharist

- A. A ritual "celebration"
- B. Hear the Gospel & respond
- C. Break Bread and share remembering what the Lord did for us, we must do for others.
- D. Three fold presence of the Lord
 - 1. Gathered community
 - 2. Word of God
 - 3. Bread and wine transformed
 - a) We offer gifts, bread, wine, ourselves to the Father. They are transformed and given back to us for our strength to go into the world and be the Body of Christ.
 - b) Eucharistic Ministers embody this theology at Liturgy and in daily life.
 - c) GIRM page 5, witness to unchanged faith

V. Eucharistic Ministers

- A. Ordinary-ordained GIRM p47
- B. Extraordinary-Lay GIRM p49

DISCUSSION/QUESTIONS

VI. Break

VII. New Norms (*This part of the class is held in the church*)

A. Review/discuss the new norms found in Redemptionis Sacramentum

B. Use the SMM outline to teach what we do at communion. *This outline is the main teaching part of the class on “how to do your job in church.”*

C. EMHC Guideline Reminders

1. All EMHC come forward to the altar just after Father communicates deacon or if alone, himself.
2. Do not self communicate.
3. Do not remove chalice from altar (priest or deacon) consumes after communion and hands all vessels to EM.
4. Do not pour from one cup to another cup only consume remaining Precious Blood at credence table, never consume the blood of Christ while walking.
5. Wait for deacon or priest to hand you the cups and patens, do not retrieve for yourself from the altar (exceptions: new priest, cups remaining on altar due to the absence of EMHC, etc.)
6. Pay attention, be reverent, be helpful!
7. If you are unable to complete your ministry successfully remove yourself from service that day, IE: you are sick, you cannot consume wine, you are not dressed properly.
8. Be present for your liturgical assignment. Over the past several months, I have observed an increasing number of absences among those ministers scheduled to serve at a given liturgy. While there are many reasons that this may be occurring, the effect is the same. For example, on one recent Sunday, eight EMHCs at one Mass did not show up for their assignments. When situations like this occur, we are interrupting prayer time to make announcements for extra help. If the extra help is not available, then we are not fully serving our community. So please, make every effort to be early or get a replacement, if necessary, by calling another EMHC on the call list.
9. Arrive at church at least fifteen (15) minutes before the Mass is scheduled to begin and **sign in** where you wish to serve on the white board in the work sacristy. This lets the captain/sacristan know if he/she is short ministers.
10. The standard **Dress Code** for men is to wear suits, sport coats, or ties with slacks and for women to wear dresses, skirts, pant suits or pants with nice blouses. When you are planning to serve, please dress appropriately.
11. When you have completed ministering the Sacred Host or the Precious Blood to all communicants in your line, please return your vessel to the sanctuary as described below. **DO NOT** wait for other lines to be completed and **DO NOT** mingle around in the sanctuary.
 - A. If you are a Minister of the Precious Blood:
 1. Process to the Credence Table, not the Altar, with your purificator covering your cup.
 2. Consume any remaining Precious Blood at the Credence Table ONLY.
 3. Place your Chalice or Cup on the corporal and cover your Chalice or Cup with your purificator.
 4. Then, prayerfully return to your seat.

- B. If you are a Minister of the Sacred Host and you have remaining consecrated bread:
1. Return to the Altar and place your bowl on the corporal.
 2. If the Priest or Deacon is at the Altar, wait for the vessel to be emptied and handed back to you . Then bring it to the Credence Table and place it on the corporal.
 3. If no Priest or Deacon is present at the Altar, simply leave your bowl on the corporal.
 4. **Use the finger bowl and purificator on the credence table to clean and dry your fingers.**
 5. Finally, prayerfully return to your seat.
- C. If you are a Minister of the Sacred Host and your bowl is empty:
1. Proceed to the Credence Table directly.
 2. Place your bowl on the corporal.
 3. **Use the finger bowl and purificator on the credence table to clean and dry your fingers.**
 4. Then, prayerfully return to your seat.

VIII. Frequently Asked Questions

- A. Should EMHCs bless children and adults who are not able to receive communion?
 What are we doing at this time? We are going to Communion! (Book of blessings #28). Only Bishop, Priest, or Deacon give the formal blessing of the church if present at liturgy. Lay ministers should say something like, “God be with you” and never make the sign of the cross. Further, we should not touch heads and faces, especially children and elderly and then give people something to eat. We are spreading germs!
- B. How do we handle spills? (GIRM p93)
 Clean with water and purificator right away. Then cover with extra purificator. Do not worry about continuing with communion, get help from sacristan or usher if needed. Do not neglect your chalice or patten.
- C. May EMHCs assist with the purification of the sacred vessels?
 Only the priest or deacon (with the assistance of an instituted acolyte) will do the purification. The extraordinary ministers will assist by washing the vessels and helping the captain/sacristan prepare them for the next Mass.
- D. Are EMHCs judges of who shall or shall not receive Holy Communion?
 They should discern, without interrogation, whether someone who is hesitant or appears uncertain is a practicing Catholic. EMHC should not be afraid to invite those with questions to discuss with a parish clergy after Mass. That said, EMHCs are not judges of an individual's interior disposition to receive Holy Communion. We are only talking about individuals who clearly do not appear to be of appropriate age or Catholic. We as ministers of Holy Communion do not judge another person's heart, but we are to make decisions about giving the Blessed Sacrament away to a non-Catholic or someone who has not yet celebrated his/her first Holy Communion. In these instances, simply ask if they are Catholic or if they have made their First Holy Communion. If they are not or have not, do not give them the Sacrament. If there are any questions, you may direct them to the Deacon or Priest after Mass.
- E. What do we do when the communicant does not immediately consume the Host?
 It is the responsibility of the EMHC to ensure that each and every communicant places the Holy Communion in the mouth before paying attention to the next communicant in line. If you do not actually see the Holy Communion go into the mouth, leave your post and politely request that the Holy Communion be put into your hands. This is a most serious responsibility. Each and every transaction must be completed to the Church's satisfaction. You are the Church's minister. The Church simply says that each communicant "immediately consumes

the Host." Further this is done one person at a time, minister to communicant. We do not give Holy Communion to groups or to several folks at a time. One person - one Host, immediate consumption.

IX. Reverence

Reverence is another important element in the service of an EMHC. Reverence is to be reflected in every aspect of this ministry, from how you dress, to how you prayerfully clean the vessels in the work sacristy. Every action you take is an act of the Holy Spirit working through you.

Understanding this is not only humbling, it also brings clarity to the expectations that the Church has of us in maintaining the highest possible levels of reverence.

- A. Clothing, the idea is to not attract attention to ourselves...be transparent and respectful
 - 1. Women dress with shoulders covered, in proper dress or pant suit
 - 2. Men suit and tie
- B. Walking, distributing, consuming, posture, hands, etc. all of this should be done reverently, bow when crossing the altar with NOTHING in our hands. Always walk behind the clergy as a sign of respect.

X. Q&A

XI. Closing Prayer