

Training Handbook For Extraordinary Minister of Holy Communion



Blessed Sacrament Parish
Kitchener

*“Those who eat my flesh and drink my blood
abide in me and I in them.”*

John 6:56

Extraordinary Ministers of Holy Communion assist in distributing the Body and Blood of Christ during Mass. Extraordinary ministers help ordinary ministers, such as the bishops, priests or deacons. This ministry calls for utmost reverence, devotion, and a deep belief in the Real Presence of Jesus under the appearance of bread and wine.

Prayer:

Bless me and purify my hands, Lord, that I may worthily share your Body and Blood with my brothers and sisters.

Grant that we may all be transformed by your Sacramental Presence and truly become one Body and one Spirit in you, who live and reign forever and ever. Amen

Qualifications

- Registered adult member of Blessed Sacrament Church, 16 years or older.
- A practicing Catholic in good standing with a devotion to the Eucharist.
- Regularly attending Sunday Holy Mass.
- Completion of a diocesan workshop and commissioning by the bishop for three years. The pastor can commission you temporarily.
- Commitment to a schedule.

Guidelines: Be Reliable

- If you cannot serve when assigned, arrange for a substitute.
- Demonstrate reverence in your demeanour, attire, and handling of the Consecrated Host.
- Arrive at least 20 minutes before Mass and sign in the sacristy.
- Wash or sanitize hands before Mass begins (recommended)

Duties and Procedures

- Bow to the altar before entering or exiting the sanctuary.
- Ministers proceed to the sanctuary during the acclamation "Lamb of God." They step to the side of the altar and line up to receive Holy Communion when the priest(s) and deacons receive their Eucharist.
- Present the Sacred Host, elevating it and saying: "The Body of Christ," to which the communicant responds, "Amen."
- We offer Holy Communion on hand, on the tongue, standing or kneeling without question.
- If someone crosses their arms, offer a blessing, e.g., "May Christ dwell in your heart."
- **If a consecrated host is dropped:** Reverently pick it up and either consume it or place it aside in the ciborium. Inform the priest about the incident after Mass.
- **If someone does not consume the consecrated host immediately:** If possible, gently and discreetly remind the person to consume it. After Mass, report the incident to the priest, providing a description of the individual involved. We want to avoid any embarrassment to the communicant.
- Return the ciborium to the altar when finished and bow before stepping down.
- Wash hands after Communion to remove any particles of the Host. You can use the same bowl the priest used before on the side credence.
- An altar server may assist the minister with the communion paten to prevent accidental drop of the Sacred Host. They will follow the movement of your hand. The server will receive Holy Communion as the last.