

**INSTRUCTOR’S SPEAKING POINTS CHECKLIST  
FOR THE TRAINING OF  
EXTRAORDINARY MINISTERS OF HOLY COMMUNION (EMHC)**

At the model of the Extraordinary Minister of Holy Communion (EMHC) is one of a servant-of-God, ministering in and to our parish, which is the Body of Christ—the Church. We follow the example of the Apostles who fed the multitudes. We do this by distributing the Holy Eucharist to those present at our Eucharistic celebrations and by taking Jesus to the homebound.

This checklist has been prepared to assist you in making your service to Christ organized, joyful, and hopefully more spirit filled, for you as well as for our parish family. We hope that your service will encourage you in your walk with God, and that through your participation in sharing the Body and Blood of Christ with our sisters and brothers, that they too will be filled with every blessing of the Spirit of our God. May God be with you always.

**ABBREVIATIONS & REFERENCES**

- BISHOP** = The Most Reverend Daniel Robert Jenky, C.S.C., Bishop of Peoria, November 20, 2006 letter to the priests, Deacons, Religious and Parish Liturgical Coordinators of the Catholic Diocese of Peoria.
- BOOKLET** = The Ministry of an Extraordinary Minister of Holy Communion In the Diocese of Peoria (Bishop Daniel R. Jenky, C.S.C., Bishop of Peoria)
- PASTORAL** = The Most Reverend Daniel Robert Jenky, C.S.C., Bishop of Peoria, November 30, 2003 pastoral letter on the Liturgy.
- CLEANSING** = March 2001 Newsletter from the Bishop’s Committee on the Liturgy, section entitled “The Care and Cleansing of Altar Linens.”
- CSL** = Constitution on Sacred Liturgy (Vatican II)

- **EMHC** = Extraordinary Minister of Holy Communion
- **IC** = Immensae Caritatis – On Facilitating Reception of Communion in Certain Circumstances (Sacred Congregation of the Sacraments)
- **NAB** = New American Bible
- **ROMAN** = Roman Missal, Third Typical Edition, November 27, 2011.
  - **GIRM** = General Instruction of the Roman Missal; see pages 17-87 of the Roman Missal.
  - **NORMS** = Norms for the Distribution and Reception of Holy Communion Under Both Kinds in the Diocese of the United States of America; see pages 89-103 of the Roman Missal.
  - **DEPUTING** = Appendix III: Rite of Deputing a Minister to Distribute Holy Communion on a Single Occasion”; see, page 1457 of the Roman Missal.
- **RS** = Redemptionis Sacramentum -- On certain matters to be observed or to be avoided regarding the Most Holy Eucharist (Congregation for Divine Worship and the Discipline of the Sacrament)
- **STATUTES** = Catholic Diocese of Peoria Statutes of March 2009.
- **PASTOR** = Comments and/or guidelines specific to St. Luke Roman Catholic Congregation, Eureka, IL.
- [WWW.StLukeEureka.COM](http://WWW.StLukeEureka.COM) = The parish website where this document and the .PDF version of the above mentioned documents may be viewed for your convenience.

**BACKGROUND**

**INSTITUTION OF THE EUCHARIST**

- NAB: Matthew 26:26-28:** “While they were eating, Jesus bread, said the blessing, broke it, and giving it to his disciples, said, Take and eat; this is my body.’ Then he took a cup, gave thanks, and gave it to them, saying, ‘Drink from it, all of you for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.”

**THE MYSTERY OF THE HOLY EUCHARIST**

- CSL #47.** At the Last Supper, on the night when He was betrayed, our Savior instituted the Eucharistic sacrifice of His Body and Blood. He did this in order to perpetuate the sacrifice of the Cross throughout the centuries until He should come again, and so to entrust to His beloved spouse, the Church, a memorial of His death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is eaten, the mind is filled with grace, and a pledge of future glory is given to us.
- NORMS #1:** On the night before he died, Christ gathered his Apostles in the upper room to celebrate the Last Supper and to give us the inestimable gift of His Body and Blood. “He did this in order to perpetuate the sacrifice of the Cross throughout the centuries until He should come again and so to entrust to His beloved spouse, the Church, a memorial of His death and resurrection ... Thus, in the Eucharistic Liturgy we are joined with Christ on the altar of the Cross and at the table of the upper room in “the sacrificial memorial in which the sacrifice of the cross is perpetuated and in the sacred banquet of communion with the Lord’s body and blood.”

□ **ORDINARY MINISTER OF HOLY COMMUNION**

- **GIRM #93.** A priest also, who possesses within the Church the power of Holy Orders to offer sacrifice in the person of Christ, stands for this reason at the head of the faithful people gathered together here and now, presides over their prayer, proclaims the message of salvation to them, associates the people with himself in the offering of sacrifice through Christ in the Holy Spirit to God the Father, gives his brothers and sisters the Bread of eternal life, and partakes of it with them. When he celebrates the Eucharist, therefore, he must serve God and the people with dignity and humility, and by his bearing and by the way he says the divine words he must convey to the faithful the living presence of Christ.
  
- **NORMS #26.** By virtue of his sacred ordination, the bishop or Priest offers the sacrifice in the person of Christ, the Head of the Church. He receives gifts of bread and wine from the faithful, offers the sacrifice to God, and returns to them the very Body and Blood of Christ, as from the hands of Christ himself. Thus, bishops and Priests are considered the ordinary ministers of Holy Communion. In addition, the Deacon who assists the bishop or Priest in distributing Communion is an ordinary minister of Holy Communion. When the Eucharist is distributed under both forms, "the Deacon himself administers the chalice."
  
- **NORMS #27.** In every celebration of the Eucharist there should be a sufficient number of ministers for Holy Communion so that it can be distributed in an orderly and reverent manner. Bishops, Priests, and Deacons distribute Holy Communion by virtue of their office as ordinary ministers of the Body and Blood of the Lord.

- **EXTRAORDINARY MINISTERS OF HOLY COMMUNION (EMHC)**
  - **GIRM #108:** One and the same priest celebrant must always exercise the presidential office in all of its parts, except for those parts which are proper to a Mass at which the Bishop is present.
  - **GIRM #109:** If there are several present who are able to exercise the same ministry, nothing forbids their distributing among themselves and performing different parts of the same ministry or duty. For example, one Deacon may be assigned to execute the sung parts, another to serve at the altar; if there are several readings, it is well to distribute them among a number of readers, and the same applies for other matters. However, it is not at all appropriate that several persons divide a single element of the celebration among themselves, e.g., that the same reading be proclaimed by two readers, one after the other, with the exception of the Passion of the Lord.
  - **GIRM #110:** If at a Mass with the people only one minister is present, that minister may exercise several different functions.
  - **NORMS #28.** When the size of the congregation or the incapacity of the bishop, Priest, or Deacon requires it, the celebrant may be assisted by other bishops, priests, or Deacons. If such ordinary ministers of Holy Communion are not present, “the priest may call upon extraordinary ministers to assist him, that is duly instituted acolytes or even other faithful who have been duly deputed of this purpose. In case of necessity, the Priest may depute suitable faithful for this single occasion.” Extraordinary ministers of Holy Communion should receive sufficient spiritual, theological, and practical preparation to fulfill their role with knowledge and reverence. When recourse is had to Extraordinary minister of Holy Communion, especially in the distribution of Holy Communion under both kinds, their number should not be increased beyond what is required for the orderly and reverent distribution of the Body and Blood of the Lord. In all matters such Extraordinary ministers of holy Communion should follow the guidance of the Diocesan Bishop.

- **CANDIDATE AND ON-GOING REQUIREMENTS FOR EXTRAORDINARY MINISTERS OF HOLY COMMUNION (EMHCs)**
  
- **IC #VI:** ...The faithful who are special ministers of communion must be persons whose good qualities of Christian life, faith, and morals recommend them. Let them strive to be worthy of this great office, foster their own devotion to the Eucharist, and show an example to the rest of the faithful by their own devotion and reverence toward the most august sacrament of the altar. No one is to be chosen whose appointment the faithful might find disquieting...
  
- **STATUTES 6.12.2:** Pastors must testify that those nominated to be extraordinary ministers of the Eucharist are mature Catholics of excellent character and obvious spiritual devotion and who live their faith in harmony with the Gospel and the laws of the Church. These candidates are to receive proper training and spiritual formation for this ministry. The office of divine worship will provide resources and recommendations to aid pastors in the training and on-going formation of extraordinary ministers.
  
- **EMHC must:**
  - **BOOKLET:** All EMHCs should be mature Catholics in good standing, persons of excellent character, who take their faith seriously, and have respect and reverence for the Eucharist...
  
  - **BOOKLET #1:** Each EMHC should be fully initiated (Baptism, Confirmation, and Eucharist), a practicing Catholic, and good role model for the congregation.
  
  - **PASTOR:** While maturity comes at various ages, every candidate to become a EMHC must be at least 18 years of age or older.

- BOOKLET #2:** Besides being well trained in the rites of distributing Holy Communion within Mass and bringing Communion to the sick or homebound, the spiritual formation of Communion ministers is most important. Besides fostering individual Eucharistic devotion, pastors should offer regular gatherings for EMHC's to both review procedures and offer spiritual renewal.
- BOOKLET #3:** An EMHC must be commissioned by the Diocese of Peoria for service to a specific parish for a period of three years. If you have not be re-commissioned over the last three years, you must go through commissioning again before you may serve as an EMHC.
- BOOKLET #4:** An EMHC should not participate in another ministry at the same mass. However, exceptions may be made if there is a shortage of authorized and trained ministers.
- STATUTES 6.12.1:** Pastors recommend candidates to the Bishop or vicar general requesting the mandate to commission them as extraordinary ministers of Holy Communion. The mandate to serve as an extraordinary minister of the Eucharist is valid for three years and is generally restricted to the parish for which the mandate was requested unless otherwise specified.
- BOOKLET#5:** Signed affidavits are required from the individuals testifying that they have been trained according to diocesan norms. These are submitted to the Bishop's Office before the EMHC is commissioned.
- PASTOR:** If the bishop issues you a mandate to serve as an EMHC for the next three years, then that mandate allows you to function as an EMHC at the parish(es) specified in the mandate. If you desire to serve as an EMHC at another parish, a specific mandate for that parish is normally required. In other words, the mandate that you may be given to be a EMHC at St. Luke,

Eureka, IL., does not mean that you can automatically be an EMHC at another parish in the Diocese of Peoria or elsewhere.

- PASTOR:** Nowhere does any church document say that after the three year period that the mandate is automatically “renewed.” It is up to the pastor to get a new mandate from the bishop every three years.
  
- BOOKLET:** Besides the usual duties of distributing Holy Communion at Mass, EMHC’s are asked to be especially generous in assisting priests in the ministry to the sick. While many of us live very busy lives, every EMHC should seriously consider volunteering to bring Communion to the sick, homebound, and nursing home parishioners regularly, at least once a month. Not only does this type of ministry provide invaluable service to the priests, but can be great aid in fostering one’s own prayer and Eucharistic devotion.
  
- PASTOR:** Each EMHC must be willing and available to take communion to at least one different homebound or sick person at least once a month in addition to the regularly scheduled EMHC assistance at Mass.
  
- PASTOR:** EMHCs are required to attend at least one refresher training session, retreat, or day of Recollection each year. These are given either by the parish or as a diocesan event.



**EMHC PREPARING FOR MASS**

- PASTOR:** It is encouraged and expected that every EMHC will worthily receive the sacrament of Penance at least once a month; ideally, right before you serve as and EMHC on the altar or take communion to the sick.
  
- BOOKLET:** It is important to remember that lay ministers are invited to share in the ministry of distributing Holy Communion that is properly a ministry for the Ordained. Bishops, priests, and deacons are ordained by the Church to be distributors of the Sacrament. It is a special privilege to share in their work. If from time to time, an extra priest concelebrates the Mass or is present in the sanctuary for the Communion Rite, please do not feel slighted that Father “took your place.” With the proper humble disposition of prayer, we can all work together to give God proper praise. Likewise, the increased presence of deacons in our parishes can sometimes mean that lay ministers need to step aside to allow the ordained to fulfill their proper function.

**MASS RESPONSIBILITIES AND PROCEDURES**

- PASTOR:** Please be present at the Church at least 10-15 minutes prior to the Mass; this allows time to prepare yourself.
  
- PASTOR:** Check-in with the priest, deacon or sacristan.
  
- PASTOR:** Make sure that there is a bottle of hand sanitizer in the pew where you will sit. EMHC will sit in the same pew as the Ushers in the back of the church on the Ambo side. In this way, a non-schedule EMHC can easily see if the scheduled EMHCs are on hand, and if not, then fill-in for the absent EMHC.
  
- PASTOR:** Some communicants may not receive the Body of Christ, because they are gluten intolerant. They may receive a consecrated gluten free Host or may only receive the Blood of Christ from the chalice. Similarly, there may be some communicants who may not

receive the Blood of Christ, because of medical intolerance; allergies; illness; non-alcohol consumption restrictions due to medications, etc.

- **BOOKLET:** During Mass, when you approach or leave the sanctuary, a profound bow from the waist is made towards the altar since that is the focus sacrificial offering. When crossing the sanctuary it is no longer appropriate to genuflect when passing before the tabernacle, but rather to make a bow to the altar. (When you are actually carrying a vessel with the Blessed Sacrament, you need not make any sign of reverence as you have the Lord in your hands.)
  
- **BOOKLET:** At times outside of Mass, one should genuflect with the right knee when passing in front of the tabernacle and when entering or leaving the pew.
  
- **PASTOR:** At the end of the Sign of Peace, the priest or deacon will bring the paten or ciborium (with previously consecrated hosts) from the Tabernacle to the altar.
  
- **GIRM #162:** In the distribution of Communion the Priest may be assisted by other Priests who happen to be present. If such Priests are not present and there is a truly large number of communicants, the Priest may call upon extraordinary ministers to assist him, that is, duly instituted acolytes or even other faithful who have been duly deputed for this purpose. In case of necessity, the Priest may depute suitable faithful for this single occasion. These ministers should not approach the altar before the Priest has received Communion, and they are always to receive from the hands of the Priest Celebrant the vessel containing the species of the Most Holy Eucharist for distribution to the faithful.
  
- **NORMS #38:** If EMHCs are required by pastoral need, they should not approach the altar before the Priest has received Communion. After the Priest has concluded his own Communion, he distributes Communion to the Extraordinary ministers, assisted by the Deacon, and then hands the sacred vessels to them for distribution of Holy Communion to the people.

- **PASTORAL #40:** To assist with the distribution of Communion, extraordinary ministers of the Eucharist are often necessary. These ministers are extraordinary and serve only when a suitable number of ordinary ministers (that is, bishops, priests, and deacons) is not available. The General Instruction changes some of the practices of extraordinary ministers and draws a clearer distinction between them and ordained clergy. In particular, extraordinary ministers are not to approach the altar until the priest celebrant has received Communion. They are also to receive the vessels for distributing Communion from the priest celebrant (cf. GIRM, 162). While these changes may slightly prolong the distribution in some parishes, these practices allow both the ordained clergy and the extraordinary ministers to better fulfill the roles that are proper to each of them.
  
- **PASTOR:** After exchanging the sign of Peace with those around them, the EMHCs should purify their hands with hand sanitizer gel located in their pew and end up standing at the base of the ramp which leads up to the sanctuary. Once the presiding priest has received both the Precious Body and Precious Blood, the EMHCs make a profound bow, before proceeding up the ramp and stand in a line with the servers to receive Holy Communion.
  
- **NORMS #39:** All receive Holy Communion in the manner described by the General Instruction to the Roman Missal, whether Priest concelebrants (cf. GIRM, nos. 159, 242, 243, 246), Deacons (cf. GIRM, nos. 182, 244, 246), or extraordinary ministers of Holy Communion (cf. GIRM, no. 284). Neither Deacons nor lay ministers may ever receive Holy Communion in the manner of a concelebrating Priest. The practice of Extraordinary Ministers of Holy Communion waiting to receive Holy Communion until after the distribution of Holy Communion is not in accord with liturgical law.
  
- **NORMS #40:** After all eucharistic ministers have received Communion, the bishop or Priest celebrant reverently hands vessels containing the Body or the Blood of the Lord to the Deacons or extraordinary ministers who will assist with the distribution of Holy Communion. The Deacon may assist the Priest in handing the vessels

containing the Body and Blood of the Lord to the extraordinary ministers of Holy Communion.

- **PASTOR:** EMHCs may be given either a cup of the Precious Blood or a ciborium of consecrated Hosts to distribute.
  
- **GIRM #160:** The priest then takes the paten or ciborium and goes to the communicants, who, as a rule, approach in a procession. The faithful are not permitted to take the consecrated bread or the sacred chalice by themselves and, still less, to hand them from one to another. The norm for reception of Holy Communion in the dioceses of the United States is standing. Communicants should not be denied Holy Communion because they kneel. Rather, such instances should be addressed pastorally, by providing the faithful with proper catechesis on the reasons for this norm. When receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence and receives the Body of the Lord from the minister. The consecrated host may be received either on the tongue or in the hand, at the discretion of each communicant. When Holy Communion is received under both kinds, the sign of reverence is also made before receiving the Precious Blood.
  
- **PASTOR:** If the EMHC is given a ciboria of consecrated Hosts, they should exit the sanctuary and proceed to the predetermined communion stations. Those with special needs will be given holy communion first. If the priest is giving out communion aligned on the right side of the main aisle, then the EMHC should take his/her station on the left side of the main aisle. If the priest is giving out communion aligned on the left side of the main aisle, then the EMHC should take their station on the right side of the main aisle.
  
- **BOOKLET:** When distributing Communion, focus your attention on the person to whom you are giving the Eucharist. Hold up the Body of Christ, speak to the person clearly and audibly: “The Body of Christ.” Then the communicant will respond: “Amen.” If the person does not say Amen, it is appropriate to gently answer for them.

- **BOOKLET:** Although it may seem “Homey” and friendly, it is in appropriate in the Roman Rite to use the name of the communicant who is receiving—i.e. Bobby, the Body of Christ.” This may actually make visitors and guests feel less welcome.
- **RS #91:** In distributing Holy Communion it is to be remembered that “sacred ministers may not deny the sacraments to those who seek them in a reasonable manner, are rightly disposed, and are not prohibited by law from receiving them”. Hence any baptized Catholic who is not prevented by law must be admitted to Holy Communion. Therefore, it is not licit to deny Holy Communion to any of Christ’s faithful solely on the grounds, for example, that the person wishes to receive the Eucharist kneeling or standing.
- **BOOKLET:** In the Diocese of Peoria, we invite those not receiving Holy Communion to come forward for a blessing. When a non-Catholic or Catholic who does not wish to receive Communion walks up with arms crossed, you may bless them by placing your hand on their shoulder and saying, “May God Bless you today and always” or some other simple and brief prayer. Only an ordained minister may make the sign of the Cross in the blessing.
- **BOOKLET:** If you are certain that a communicant is non-Catholic and yet gestures to receive Communion, you should gently place your hand on their shoulder and bless them saying something like, “May God Bless you today and always.” In other words, an EMHC ought not distribute Communion to someone whom you know in a non-Catholic. If the person seems confused, you may always ask them if they want to receive Communion.
- **PASTOR:** If the EMHC receives a cup of the Precious Blood there are two stations. The first EMHC minister with a cup should exit the sanctuary nave of the church in front of the Presider’s chair. The second EMHC should exit the sanctuary and stand on the nave of the church in front of the ambo. Both EMHC should position themselves in such a way as to facilitate the communion line that will approach

them and allow those people who choose not receive the Precious Blood to pass by them and return directly to their seats.

- **BOOKLET:** Likewise, when distributing the precious Blood, present the chalice to the communicant and say: “The Blood of Christ.” When they return the chalice to you, wipe the rim of the cup with the purificator, turn the cup slightly for the next communicant.
- **BOOKLET:** From time to time, you may find a communicant who wishes to “self-intinct” the host into the chalice. You should gently remind them this is not permitted without causing a scene in the Communion line. Talk to the priest after Mass if there is a problem.
- **PASTOR:** If a communicant comes to you and attempts to dip a consecrated host into the chalice of blood, reverently and politely cover the chalice with the purificator and politely say to the communicant, “The bishop requests that you eat the Body of Christ, before you drink of the Precious blood.”
- **GIRM 280:** If a host or any particle should fall, it is to be picked up reverently. If any of the Precious Blood is spilled, the area where the spill occurred should be washed with water, and this water should then be poured into the sacrarium in the sacristy.
- **BOOKLET:** If a host should fall on the ground, stop and pick it up reverently, the host should be consumed or completely dissolved in water before being purified in the sacrarium. If some of the precious Blood should spill, immediately after Communion the area should be washed with water and purificators. Be careful not to panic when such mishaps occur. Rushed and hasty efforts to safeguard the Blessed Sacrament may actually lead to further chaos and unfortunate mistakes.
- **PASTOR:** If a spill occurs, reposition yourself in front of the spill area, to protect it, then after you are finished with distribution, place your purificator over the spill. Clean it up, as soon as possible, after

Mass by washing the area with plenty of water and using the purificator to blot/absorb the mixture. Dispose of the mixture down the sacrarium and place the purificator(s) in the special container marked "SOILED ALTAR LINENS ONLY" for appropriate cleaning.

- NORMS #52:** When more of the Precious Blood remains than was necessary for Communion, and if not consumed by the bishop or Priest celebrant, the deacon, standing at the altar, "immediately and reverently consumes all of the Blood of Christ that remains; assisted, if the case requires, by other deacons and priests." When there are extraordinary ministers of Holy Communion, they may consume what remains of the Precious Blood from their chalice of distribution with permission of the diocesan bishop."
- BOOKLET:** After distributing Holy Communion, the EMHC should NOT consume any remaining Precious Blood in the chalice, unless otherwise directed, and place the chalice or Ciborium on the corporal on the altar for the priest or deacon to purify unless he purifies immediately after Mass in which case he may [instruct] you to place the vessels and cover them on a corporal on a side table.
- PASTOR:** After distributing Holy Communion, the EMHC should place the ciboria/cup/purificator on the corporal on the altar. Please do not push the purificator into the cup before the cup is purified.
- GIRM #182.** After the priest's Communion, the deacon receives Communion under both kinds from the priest himself and then assists the priest in distributing Communion to the people. If Communion is given under both kinds, the deacon himself administers the chalice to the communicants; and, when the distribution is completed, he immediately and reverently consumes at the altar all of the Blood of Christ that remains, assisted if necessary by other deacons and priests.

## ☐ **PURIFYING AND CLEANSING**

- ☐ **GIRM 278:** Whenever a fragment of the host adheres to his fingers, especially after the fraction or the Communion of the faithful, the priest is to wipe his fingers over the paten or, if necessary, wash them. Likewise, he should also gather any fragments that may have fallen outside the paten.
- ☐ **BOOKLET:** After distributing the Hosts (especially if you feel particles on your fingers), it is a good practice to purify your fingers in a small vessel called the ablution cup. This is usually kept next to the tabernacle or on the credence table.
- ☐ **GIRM 279:** The sacred vessels are purified by the priest, the deacon, or an instituted acolyte after Communion or after Mass, insofar as possible at the credence table. The purification of the chalice is done with water alone or with wine and water, which is then drunk by whoever does the purification. The paten is usually wiped clean with the purificator. Care must be taken that whatever may remain of the Blood of Christ after the distribution of Communion is consumed immediately and completely at the altar.
- ☐ **BISHOP:** According to the General Instruction of the Roman Missal, paragraphs 278 and following, any fragments of the Eucharistic bread are normally wiped clean from the paten or ciborium with the purificator. These fragments could be wiped into a chalice. The chalice is purified with water, or wine and water, and is then drunk by the one purifying. The importance of purification is to guarantee that any drop of the Precious Blood is consumed. This purification may take place after Communion or even after Mass, and is generally done at the credence table.
- ☐ **BISHOP:** It is important to note that the consuming of any Eucharistic particles and the ritual cleaning do not rule out a more thorough washing of the vessels. In fact it is important to wash regularly the sacred vessels in hot water using soap or some other kind



of germ-killing agent. While ritual purification is limited to the ordained, I encourage pastors to seek the continued help of their lay ministers and sacristans to guarantee the washing of the vessels.

- **BISHOP:** Further, I do not expect this new instruction limiting who can purify the vessels to limit the regular distribution of the Precious Blood. Purifying the chalices, even after Mass, may require more diligence on behalf of priests and deacons, but it should in no way impede the faithful from receiving the full sign of Eucharistic Communion by receiving the Precious Blood from the chalice. Besides being the ancient practice of the Church, the distribution of the Precious Blood to the faithful was re-established by the fathers of Second Vatican Council and has been praised and encouraged by the Supreme Pontiffs since Pope Paul VI.
  
- **CLEANSING:** Purificators are customarily brought to the altar with chalices and are used to wipe the Precious Blood from the lip of the chalice and to purify sacred vessels. They should be white in color. Whenever the precious Blood is distributed from the chalice, poured into ancillary vessels or even accidentally spilled, purificators should be used to absorb the spill. The material of purificators should be absorbent and easily laundered. The purificator should never be paper or any other disposable material.
  
- **CLEANSING:** Because of their function, purificators regularly become stained with the Precious Blood. It is, therefore essential that they should be cleansed in the sacarium and only afterwards washed with laundry soaps in the customary manner. Purificators should be ironed in such a way that they may be easily used for the wiping of the lip of the chalice.

**DRESS CODE**

- BOOKLET:** The Extraordinary Minister of Holy Communion should dress appropriately for this important ministry and honor. Modest, sober dress that might become a nice dinner party or business meeting can be examples of acceptable dress. Some parishes may even ask Communion ministers to wear special vesture or insignia, like a cross or pin. Obviously appropriate personal appearance is required. You might make sure to wash your hands just before Mass.
  
- PASTOR:** I ask that men wear, dress shoes and dress socks, dress pants, and a dress shirt. A dress tie and suit coat or sport coat would be even better, but are optional.
  
- PASTOR:** Ladies, if possible, please wear a modest dress. I would rather see you wear the same modest dress (or modest pant suit) every time you service as an EMHC than to see you try to “change it up a bit” and end up wearing immodest clothing some of the time.
  
- PASTOR:** No-one should wear anything that sounds like, or resembles, Flip-flops. Please stay away from shoes that make noise. Please do not wear blue jeans (even if they are “dress” jeans), cut-offs, T-shirts, tennis shoes, body piercings, jewelry or any “bling” (i.e., referring to flashy, ostentatious or elaborate jewelry or ornamented accessories that are carried) that draws attention to you. The dress goal here is to look modest and respectful, as opposed to standing out in an unwanted way or making a fashion statement.
  
- PASTOR:** Please wear an EMHC medal when serving on the altar. The church owns these medals and they should be kept at the church in the Sacristy.
  
- PASTOR:** Not being properly dressed may be a reason (i.e., like sickness or the need for confession) why you cannot substitute for an

absent EMHC. Simply cross your arms over your chest and look downward to indicate that you are not an available substitute EMHC.

## **COMMISSIONING CEREMONY**

- STATUTES 6.12.3:** Extraordinary ministers of Holy Communion are to be commissioned using the rite from the Book of Blessings. In an exceptional circumstance, any priest may commission an individual to distribute Communion at a particular Mass using the formula given in the Roman Missal.
- PASTOR:** See “Rite Of Commissioning Extraordinary Minister Of The Eucharist Within Mass” based on the Book of Blessings.
- DEPUTING:** A priest can deputize a lay person to give out Holy Communion for a single occasion. See Roman Missal, “Appendix III: Rite of Deputing a Minister to Distribute Holy Communion on a Single Occasion,” page 1457.

## **SCHEDULING**

- PASTOR:** Once a group of EMHC's has been commissioned, a serving schedule will be created. While an EMHC serving schedule will try to accommodate the Mass times that you prefer, by becoming an EMHC you are committing yourself to serve when you are needed which, may, or may not, be in harmony with your preference.

## **TAKING HOLY COMMUNION TO THE SICK**

- RS #132:** No one may carry the Most Holy Eucharist to his or her home, or to any other place contrary to the norm of law. It should also be borne in mind that removing or retaining the consecrated species for a sacrilegious purpose or casting them away are graviora delicta, the absolution of which is reserved to the Congregation for the Doctrine of the Faith.

- **RS #133:** A Priest or Deacon, or an extraordinary minister who takes the Most Holy Eucharist when an ordained minister is absent or impeded in order to administer it as Communion for a sick person, should go insofar as possible directly from the place where the Sacrament is reserved to the sick person's home, leaving aside any profane business so that any danger of profanation may be avoided and the greatest reverence for the Body of Christ may be ensured. Furthermore the Rite for the administration of Communion to the sick, as prescribed in the Roman Ritual, is always to be used.
  
- **STATUTES 6.12.4:** Those who take Communion to the sick must observe the proper ritual. They should proceed from the church directly to the sick person and must return any unused hosts without delay. Hosts should not be kept unnecessarily in one's personal possession and under no circumstances may they ever be kept overnight. The vessels for carrying the Eucharist must be properly purified.
  
- **PASTOR:** At this time a separate training session needs to be established for taking Holy Communion to the homebound. A rite to use will be made available for you to use.