



Christ the King

Extraordinary Ministers of Eucharist

Training & Guide Handout



Holy Eucharist

Memorial & Sacrifice

- By giving us His body and blood in the Eucharist, Christ perpetuates His sacrifice on the cross and gives us a memorial of His death and resurrection until He comes again (SC/CSL 47).
- Anamnesis (re-actualization): The point of recalling to God the sacrifice of Christ that its benefits may be made present to the faithful here and now.
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Real Presence

- Words of Institution: "For this is my body...for this is the chalice of my blood...Do this in memory of me."
- The Eucharist IS JESUS
- The whole Christ is truly present, body, blood, soul, and divinity, under the appearances of bread and wine—the glorified Christ who rose from the dead after dying for our sins.
- As an EME, you must believe this Truth and Teaching

Who can be...Ordinary & Extraordinary

Ordinary Ministers of Eucharist – by virtue of their Holy Orders

- Bishops
- Priests
- Deacons

Extraordinary Ministers of Eucharist (EME)

- Acolyte – Instituted role by the Bishop for Universal Catholic Church
- Commissioned Laity – when the need of the Church warrants it
 - Deputed by Parish Pastor – that is to be Designated and Commissioned Pastor
 - Specific to local Parish, not Diocese or other areas
 - Maximum of 3-years before re-Commissioning is required by Diocese
- Laity – If necessary, a priest can commission someone to serve as an Extraordinary Minister of Eucharist on the spot using the ritual provided in the Roman Missal
 - One-time, not Commissioned for other times

Extraordinary Requirements

Spiritual attributes needed or be willing to develop:

- Humility
- Hospitality
- Gratitude
- Reverence—both to the Eucharistic elements and the ecclesial Body of Christ
- Willingness... not worthiness



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Extraordinary Requirements

Not just about fulfilling a function on Sunday morning, but sharing the very life of the Body of Christ

- Participate fully in the Mass
- Take advantage of the Sacrament of Reconciliation
- Active Prayer life outside of Mass
- Develop a deeper understanding of our Faith
- You are called to help feed those who come to the Sacred Banquet

Extraordinary Requirements

- Pastors should invite parishioners to this ministry
- Or those interested should have the support of their pastor
- Must be at least 18 years of age
- Must be a fully initiated Catholic in good standing
- Having received the Sacraments of Initiation – Baptism, Eucharist, Confirmation
- Must be registered and active members of the parish
- If married, must be in a valid marriage.
- Life must be led according to the values and morals of the Catholic Church
- Must believe in the Real Presence of Christ in the Eucharist

Roles & Responsibilities

Distribution of Communion at Mass in the absence of or in support of Ordinary minister(s) – Bishop, Priest or Deacon

- This role is the focus of this training

Other Roles an EME may be asked to perform (not part of this training)

- Taking Communion to those who are sick, homebound, in nursing homes, hospitals, or prisons
- May expose and repose the Blessed Sacrament for Eucharistic Adoration

Practical Guidelines – Know the names

- See APPENDIX (pg. 5)

Practical Guidelines - Attire

Attire: “Bodily demeanor (gestures, clothing) ought to convey the respect, solemnity and joy of the moment when Christ becomes our guest”. (CCC 1387b)

Dress in a way that is dignified and shows respect for the Blessed Sacrament and your function as an Extraordinary Minister

- “Sunday best” clothes are appropriate
- Jeans, shorts, T-shirts, sweatshirts, etc. are not appropriate attire
- Nothing that calls attention to the minister
- Refrain from strong perfume or cologne
- Always dress to be prepared to step in if short on EME



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Practical Guidelines – Before Distribution

- Arrive 15 min early and let the Priest know you are there
- If you cannot be there, it is your responsibility to arrange for a substitute
- The Priest should not have to scramble to find an EME
- Sit near end of pew for least disturbance
- Sit near front of church to minimize time to approach Altar
- Also easier for unscheduled EME to know you are there and approaching
 - Others not scheduled, if there are too few EME, please approach to be a minister
- Approach Altar at the Sign of Peace
- If required or desired, put-on face shield
- Sanitize Hands
- Walk up ramp and stand behind Priest
- Receive Communion THEN re-sanitize hands before ministering
- Priest or Deacon will hand Sacred Vessel to you
- Go to station that Priest directs you towards after Priest leaves Altar for his station; if no direction then look for an open station after Priest leaves Altar

Practical Guidelines - Distribution of the Precious Body of Christ

- Currently Communion will only be given in the form of bread
- DO NOT HURRY YOUR ACTIONS
- The Communicant should receive in hand
 - If recipient desires to receive on the tongue, kindly instruct them to wait until the end of the communion distribution and be last to receive
- The Communicant should bow slightly before receiving
- The Communicant can receive while standing
 - Kneeling is acceptable
- Picking up the host; Hold host over the ciborium
- Make eye contact
- EME says exact wording: “The Body of Christ”
 - DO NOT use any more, any fewer or any other words
- Announce with meaning and faith
- No names — their name is implied as a member of the Body of Christ
- Wait for Communicant to respond “Amen”
 - If not said, EME quietly says “Amen.”
- Then place host in hand (or on tongue)
- Blessing of those not receiving communion is acceptable
 - Keep it brief and simple (God loves you, May the Lord bless you, etc.)
 - DO NOT sign the Cross over the recipient
 - This is designated for Ordinary Ministers only
- It is not an EME responsibility to deny anyone Holy Communion



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Practical Guidelines Distribution...What to do if

If a consecrated host is dropped:

- Pick it up reverently and consume right away
- Hold under the Ciborium, return to Altar and tell the priest
- The dropped host should never be placed back in the ciborium
- If host cannot be consumed, it may be completely dissolved in water and poured down a sacrarium

Practical Guidelines – After Communion:

- When all have received from your station:
 - Go assist another station
 - Ensure anyone wishing to receive that could not come forward has received by checking with usher
- When complete with distribution of Communion
 - Place hand over Ciborium as you reverently walk back to Altar
 - Hand Ciborium to Priest or Deacon; or place it on the Corporal of the Altar
- USE Ablution Cup
 - Dip fingers into bowl of water and quickly dab fingers on purificator next to cup
 - This helps ensure EME remove any fragments of the Precious Body
- Ordinary Ministers of Eucharist purify the vessels (Bishop, Priest or Deacon)
 - Should be done at the altar or Credence Table during Mass
- All EHMCs will assist with the washing of the vessels in the Sacristy after Mass
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Practical Guidelines – After Mass

- EME last responsibility...**helping to clean vessels**
- An EME retrieves the Credence Table (cart) and takes it to Sacristy
- Another EME goes to Sacristy and prepares water in Sacramentarium (covered sink)
 - Direction can be found on the inside of the sink cover
 - Use Hot water with very little soap
- One washes, one dries
 - DO NOT submerge the Chalice, quickly wash and dry it
 - Dry Ciborium's completely...very important if there is another Mass
- Set Credence Table for next Mass (see Appendix)
- If last Mass of the day, put vessels away in cupboard above sink per diagrams inside cupboard doors

May God Bless you and your willingness to serve.

Christ the King Catholic Church

Catholic Diocese of Peoria



APPENDIX

Practical Guidelines Know the names...

Ciborium



Paten



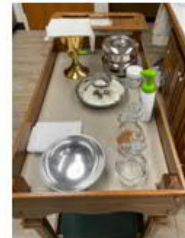
Corporal



Chalice



Credence
Table



Purificator



Ablution
Cup / Bowl



Sacrarium



Proper Setup of Credence Table for next Mass



- Chalice,
 - Ask which Priest will be presiding and set their Chalice
 - Purificator, Paten, Host, Pall are set in this order from bottom up on Chalice
- 1 or 2 Ciborium with cover
 - Depends on how many are in Tabernacle, ask priest
- 1 open Ciborium with Gluten Host
 - Gluten Host container
- 2 Cruets
 - One with small amount of wine
 - One with warm water
- 1 Towel
- 1 Lavabo bowl (silver bowl for Priest's hand washing)
- Sanitizer