

St Christopher's Church, Holsworthy NSW

Extraordinary Ministers of the Eucharist Guidelines



ELIGIBILITY:

- Must be at least 18 years old.
- Have received the sacraments of First Holy Communion and Confirmation.

TRAINING – required and is offered at All Saints Parish, Liverpool. Extraordinary ministers need to develop the art of dignified movement and be able to hold a plate and a cup and share the consecrated bread and wine with reverence. A more comprehensive course is available and offered by the Archdiocese of Sydney.

Upon arrival at the church:

- Arrive at least 10-15 minutes before Mass starts.
- Please advise the celebrant that you are present for your Ministry.
- Please be seated for Mass.

NOTE: Two Eucharistic Ministers are required at all Masses.

Approaching the Sanctuary:

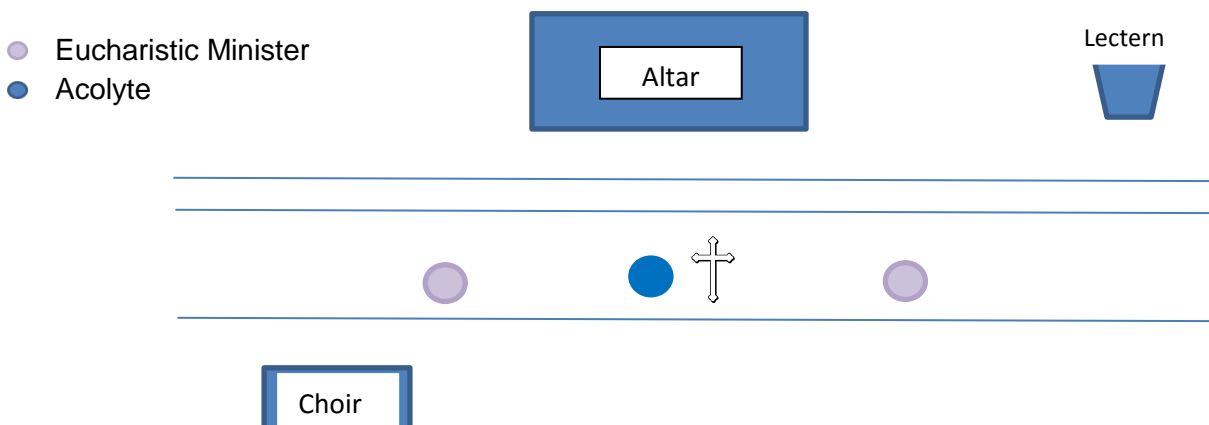
- At “Lamb of God” emerge from your seat and approach the Sanctuary. Approach with dignity and respect.
- Wait for partner ministers to gather at the bottom of the Sanctuary before you both bow together before stepping up onto the Sanctuary.

On the Sanctuary:

- Proceed to the side table and apply antibacterial lotion or wash your hands in the bowl of water. If you used water, dry your hands on the towel provided.
- Stand in line – Eucharistic Ministers are generally after the acolytes and before the altar servers.
- Bow as you would normally before you receive Holy Communion – that is when the person before you is receiving Holy Communion, it is your turn to bow.
- Repeat this for the consecrated wine.

Positions for distribution of Communion:

- If you have been handed a chalice with the consecrated wine, there are two positions – one on either side of the Minister administering Holy Communion – about 1.5metres away. If you are standing on the side of the choir, please be mindful not to stand too far as to block the overhead projector for singing.
- If you have been handed a Ciboria with Holy Communion, follow the priest's lead and proceed to the side that becomes available to you.



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Minister of Holy Communion:

- It is important to focus attention on the person to whom you are ministering, to give full attention to the person standing in front of you.
- Ministers speak to the person, holding up the host saying “**The Body of Christ**”
- Eye contact is important.
- If you know the person, **DO NOT** use their name, the Body of Christ is for everyone, not an individual.
- If you have a child or an adult in front of you who have not yet received the Sacrament of Holy Communion, you can bestow a blessing upon them. Generally these people will approach you with their arms across their chest. All you need to do is say “May God bless you” as you either gently touch their forehead, cheek or shoulder.

Minister of consecrated wine:

- It is important to focus attention on the person to whom you are ministering, to give full attention to the person standing in front of you.
- Ministers speak to the person, holding up the chalice saying “**The blood of Christ**”
- Eye contact is important
- Again, if you know the person, **DO NOT** use their name, the blood of Christ is for everyone, not an individual.
- As each person drinks from the chalice, ensure that it is carefully wiped with the purificator and rotate slightly for each new communicant as you raise your eyes to welcome them.

After distribution ends:

- Left over consecrated wine should be consumed either by the Minister, acolyte or priest. If you can't finish it, quietly inform the acolyte.
- Return the ciboria and/or chalice by placing it onto the altar.
- Wait while the priest/acolyte returns the ciboria to the tabernacle, all bow together.
- Then return to the side table and wash your hands or use antibacterial lotion.
- When you leave the sanctuary, bow together to reverence the altar and return to your seat.

Extra Comments:

- If you are not able to attend on your rostered day and time, please make arrangements for someone to take your place. Do not rely on someone being present to cover for you.
- Be mindful of the dress regulations:
 - Men: long trousers/collared shirts
 - Ladies: dress/skirt/long or ¾ length pants
 - NO singlet tops/tracksuits/shorts/T-shirts/Rugby tops/mini-skirts
 - NO thongs
- **Communion on tongue** – You are permitted to say ‘please open your mouth’. Please be careful not to touch the tongue.
- **Dropped consecrated Host** – Immediately pick up and hold aside. Tell the priest/acolyte as you return the ciborium.
- **Dripped/spilled consecrated wine** – Cover with purificator and move to a different position. Tell priest/acolyte immediately after Mass so that it can be cleaned appropriately. You will need another purificator from the Sacristy.
- **Pyx** – Extraordinary Ministers of the Eucharist who visit housebound, sick, nursing homes or family may present their pyx. Often they would have done so before Mass begins and the celebrant will place the required number of Hosts into their Pyx. At the end of Communion, the Celebrant will come forward and this is when you will approach the Sanctuary which Father will bless you and hand over your pyx.