

Guidelines for Extraordinary Ministers of Holy Communion (EMHC)

1) Before you arrive at church

- Dress for a solemn occasion. No jeans, shorts, etc. Modest clothing that does not draw attention.
- As you prepare for mass, meditate on the gift of the Eucharist and pray for the grace of being reverent and attentive to the Lord.

2) Upon arrival at church

- Check in with the priest in the sacristy.

3) At the "Behold the Lamb of God"

- **After** you say, "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed," **then** rise from your pew, bow before the altar, and enter the sanctuary (keep to the **right** of the altar). **No need to kneel.**
- **Please keep your hands folded flat, pointed toward heaven.**

4) At Communion

- After receiving Holy Communion, go to your assigned place.
- One EMHC takes their ciborium to **anyone unable to come forward** to give them communion. Then, return to the front of the church to distribute Holy Communion.
 - Note: Sometimes, people with mobility issues sit in the front. Sometimes, they sit in the back, and the ushers ask the priest or the EMHC to return to distribute Holy Communion to them after everyone else has received.
- When distributing the Body of Christ, hold the host up and say only "The Body of Christ." Gently place the host on the person's tongue, or gently place (don't drop) the host in the person's hand. If the person desires to receive a blessing, ask God's blessing for them, "May God be with you." Do not make the sign of the cross with your hand.
- If a host falls to the floor, immediately pick it up, *bring it to the altar, and place it on the corporal cloth. Please mention it to the priest at the end of communion when returning to the altar.*
- If distributing the Blood of Christ, hold the chalice and say, "The Blood of Christ." Hold onto the chalice carefully when distributing it to children in case of difficulty. After each person receives from the chalice, gently wipe the rim and rotate ¼ turn. **Please do not unfold or crumple the purificator.**
 - Note: We have not had the Precious Blood given to the congregation since before COVID, so any comments may not currently apply.

5) After Communion

- Bring the ciborium or chalice to the altar. If any of the Precious Blood remains, consume it at the altar. If you distributed the Body of Christ, please purify your fingers and wipe them with the purificator. Wait for the priest to close the Tabernacle door and genuflect (genuflect when the priest does).