

St. Michael

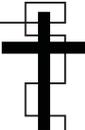
the Archangel Catholic Church

Hudson, Florida



Guidelines for St. Michael's Extraordinary Ministers of Holy Communion at Mass

Through baptism, we live out our lives as followers of Christ. As Eucharistic Minister of Holy Communion, we respond to the call of the Spirit to use our gifts in service to St. Michael the Archangel Parish. We are challenged to be *“examples of Christian living in faith and conduct. We must strive to grow in holiness through this sacrament of unity and love. Though many, we are one body because we share the one bread and cup.”*



Gracious Lord,

you nourish me with the body and blood
of your Son that I might have eternal life.

As I give the Bread of Heaven

and the Cup of Salvation to your faithful people,
may the saving mysteries
lead me to the joys of eternal life.

Loving Father,

you brought us into a new
and intimate relationship with you
through your Son, Jesus, who tells us:

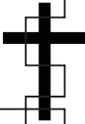
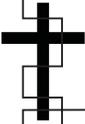
*“This is my commandment,
that you love one another as I have loved you.”*

As Eucharistic Ministers of Holy Communion,

help us to treat others as we would treat Jesus.

Let us welcome one another and serve one another
with all the kindness, respect,
and generosity that we would offer Christ.

Amen



Reverence and Attire

Extraordinary Ministers of Holy Communion (EMHC) should show a profound reverence for the Eucharist. That reverence is reflected in their demeanor at Mass (full, active and conscious participation in the Liturgy), their attire, and manner in which they handle the Eucharist.

It is important to keep in mind that you must keep a neat and reverent appearance when serving as an Extraordinary Minister of Holy Communion. This means your appearance should not detract from this role.

The Extraordinary Minister of Holy Communion is to observe the following dress code:

Men: Slack, shirt and tie (jacket if possible).

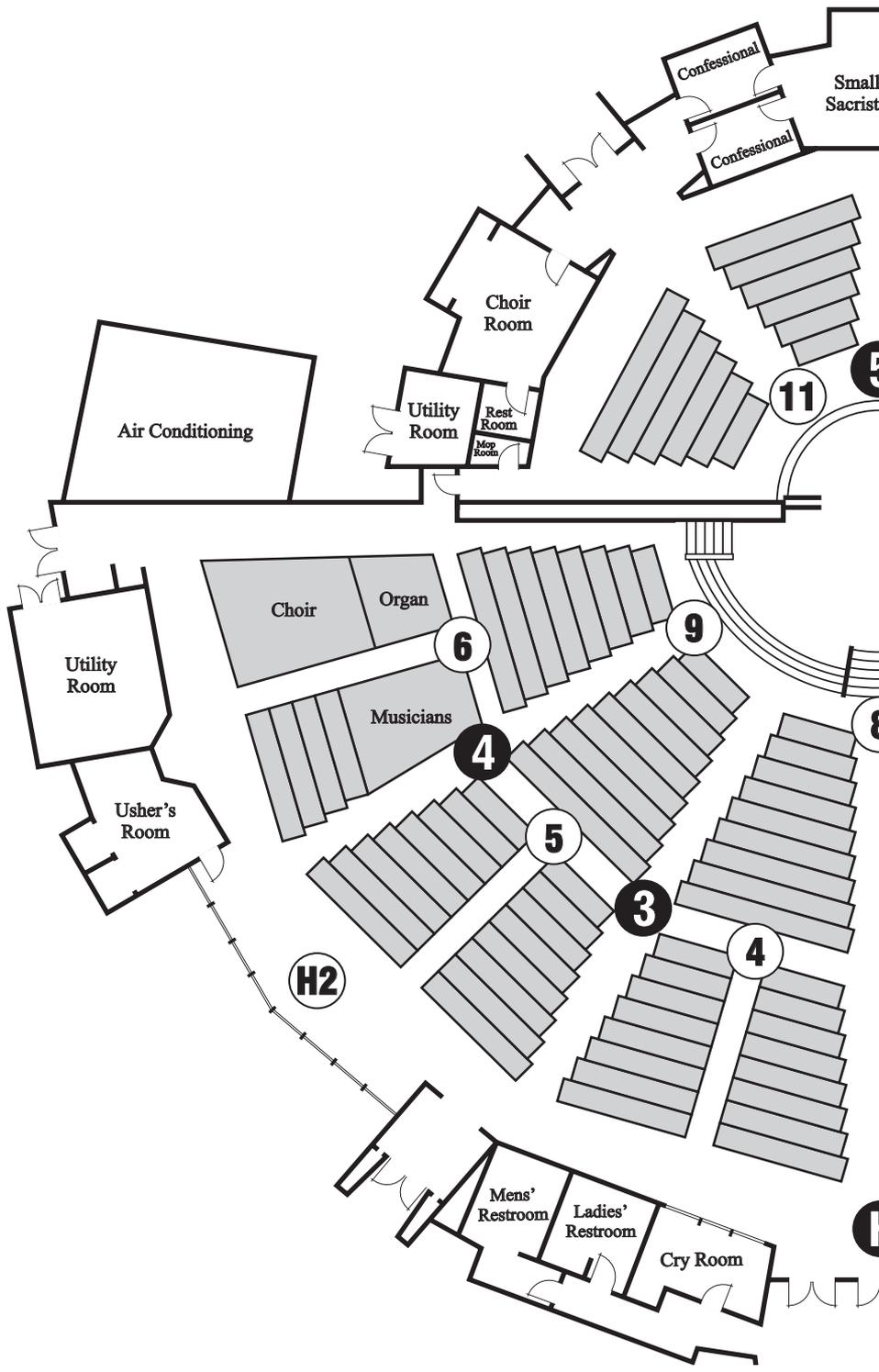
Women: Modest dress, dress slacks/capris, skirts.

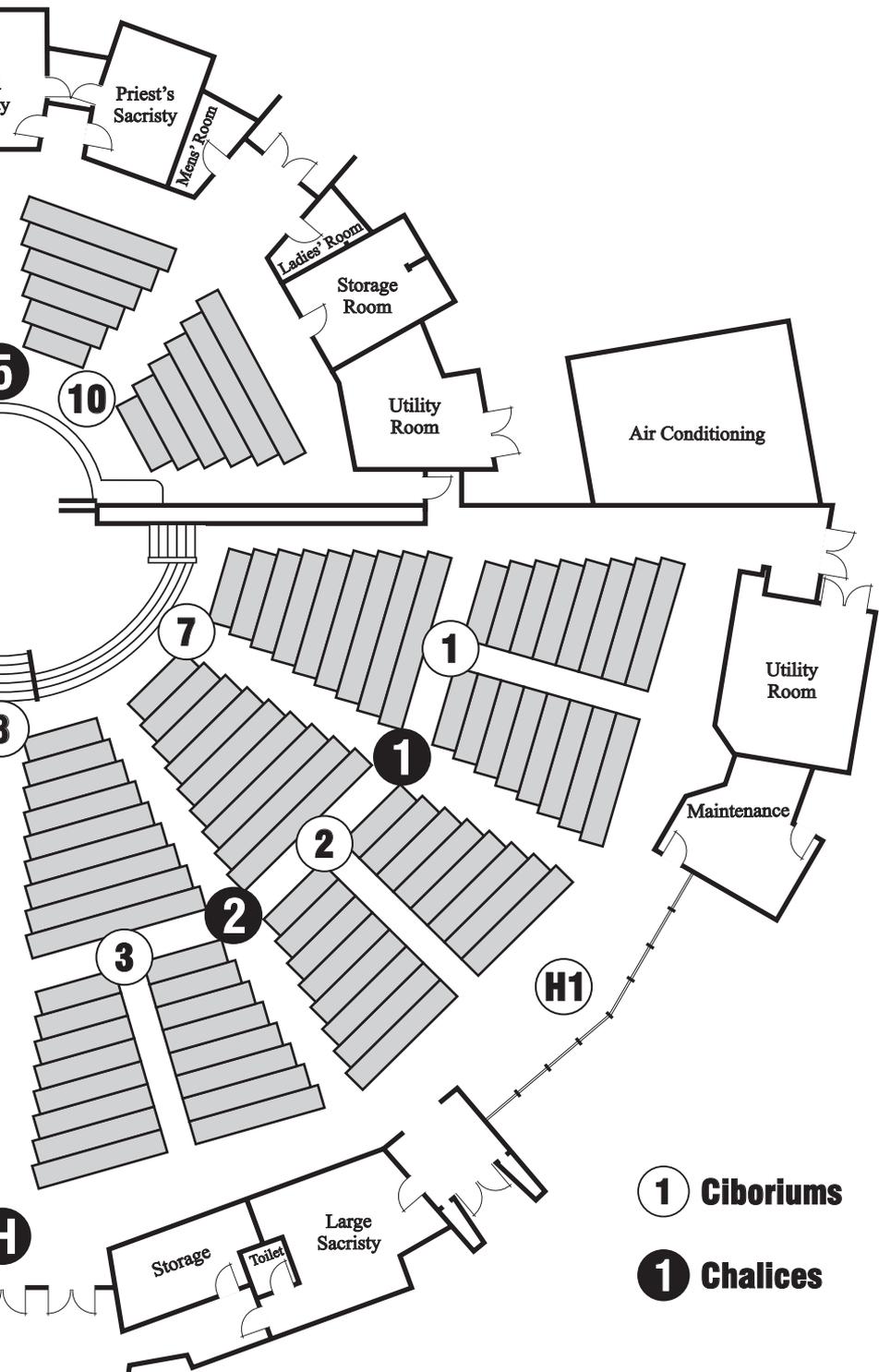
Prohibited: Jeans, overalls, shorts, culottes, sweat pants, leggings
low cut blouses and t-shirts, sleeveless tops.

You should refrain from wearing flashy jewelry. Please do not use strong perfumes, cologne or after-shave as it may cause respiratory problems for those that you serve. Your hands should be clean. Nails should not be too long. It is important that nail color and/or designs should not distract the communicant from focusing on the Sacred Host or the Cup.

Before the Liturgy

Please be at the church a minimum of 15 minutes before the start of Mass. You should sign-in, in the large sacristy, and then proceed to take your seat in the church.





If you are not assigned to serve, but would like to volunteer to fill any vacancies, **you must wait until 15 minutes prior to the start of Mass** to sign in.

During the Liturgy

After the Sign of Peace, Extraordinary Ministers are to move to the aisle by the St. Michael statue, forming a single line with the Cup ministers in the front ahead of those receiving a Ciborium.

Once you have received Communion, the sacristan will hand you either the Cup or a Ciborium. Cup ministers may receive from the Cup that is handed to them **(but it is not mandatory)** and then proceed to their station. The last Cup minister should remain adjacent to the sacristan next to the first pew so that the ministers who are to receive the Ciborium can receive the Precious Blood.

The Cup ministers should place the purificator over the Cup before proceeding to their stations. This prevents any spilling of the Precious Blood.

Ministers that receive the Ciborium should place a hand over the top of the Ciborium when proceeding to their station to prevent any hosts from dropping to the ground. When proceeding to your station, it is not necessary to reverence the Altar at any time.

As the minister arrives at their station, they should face the Altar and patiently wait for the celebrant to start giving communion before they begin giving communion themselves.

“The Body of Christ”

Please remember that we are bringing Christ to people. This is an honor and privilege. Therefore, it is important to smile and look people in the eye. Don't worry about how long the line is or how long it is taking.

When giving communion, the minister holds the Eucharist at eye level and says: “*The Body of Christ.*” The communicant should respond with: “*Amen.*”

The minister then gives the Eucharist to the communicant, respecting the option of the communicant to receive either in the palm of the hand or on the tongue.

If a host is dropped, do not panic! He or she picks up the host and places it in the palm of the hand holding the Ciborium. Upon returning to the table, he or she should give the host to the Sacristan. Do not place it in the water bowl as previously instructed.

It is important to note that the dropped host should never be placed back into the Ciborium, given to the next communicant or be consumed by the Extraordinary Minister.

“The Blood of Christ”

When administering the Cup, the minister holds the cup up slightly and says: “*The Blood of Christ.*” The communicant responds: “*Amen.*” The minister then gives the cup to the communicant, *who takes it entirely into his or her hands*, drinks from it and then returns it to the minister.

The minister then wipes the rim of the cup with the purificator, gives the cup a quarter turn, and then offers it to the next communicant.

In this diocese, we do not practice intinction — where the host is dipped in the wine. If someone comes up to do this, politely inform them that this is not practiced in the diocese.

If there is a spill of the Precious Blood, do not panic! Do not attempt to clean it up yourself. Immediately stop distributing

the Cup and place your purificator over the spill on the floor. Do not leave the spill. Ask a parishioner or another Eucharistic Minister to notify the sacristan immediately. Wait for the sacristan to clean up the spill before resuming distribution of the Precious Blood.

“The Blessing of Christ”

At communion time, Extraordinary Ministers should be prepared to acknowledge a persons presence with a blessing. Children and adults that approach with arms crossed over their chest are given a blessing. Using their free hand (without holding a host) the minister extends their hand over the head or shoulder of the person and says “*May God bless you,*” or “*The Blessing of Christ.*” When your hand is extended over their head or shoulder, it is advisable to do so without touching the person.

DO NOT TRACE THE SIGN OF THE CROSS ON THE PERSON’S FOREHEAD.

Only a priest or deacon is permitted to do so.

Following the distribution of Communion, go back to the credence table where the sacristan will be waiting. Hand the ciborium to the sacristan. Do not place your Ciborium on the credence table and walk away. If Ministers of the Cup are waiting to replace their cups, please walk around them. Then proceed to the table with the small bowl of water. Rinse your fingers to remove any remnants of the host and return to your seat. If you pass in front of the Altar, stop and bow slightly in reverence.

As Ministers of the Cup return to the credence table, if there is any remaining Precious Blood, you may consume it if you wish but it is not mandatory. Return the Cup to the tray and place the purificator on the credence table. Then return to your seat. If you pass in front of the Altar, stop and bow slightly in reverence.