

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.
-

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

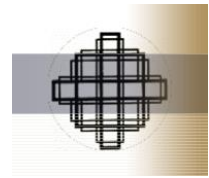
Extraordinary Ministers of Eucharist (EME)

- Acolyte – Instituted role by the Bishop for Universal Catholic Church (*Currently none at CTK*)
- 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 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

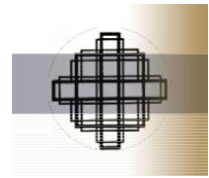
- See APPENDIX (pg. 6)

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 EME
 - Refrain from strong perfume or cologne
- Always dress to be prepared to step in if short on EME



Christ the King

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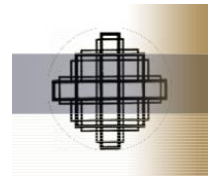
Practical Guidelines – Before Distribution

- 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 (Eucharistic Minister Sub Contacts List is available)**
 - 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 other EME to know you are there and approaching
 - (Others not scheduled) if there are too few EME, please approach to be an EME
We need a total of 8 ministers (including the Priest and Deacons) at the 4:30 & 9:30 Masses, and we need 6 ministers (inc Priest/Deacons) at the 7:45 Mass
- Approach Altar at the Sign of Peace
 - Sanitize Hands using dispenser behind the wall
 - Walk up ramp and STOP at end of wall – Do NOT yet position yourself at the Altar
 - Approach Altar only after Priest consumes host
- Receive Communion
- 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 the Altar

Practical Guidelines - Distribution of the Precious Body of Christ

- DO NOT HURRY YOUR ACTIONS
- The Communicant should bow slightly before receiving
- The Communicant may receive in hand or on the tongue
- Most Communicants 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 (May God bless you, God loves you, May the Lord bless you)
 - DO NOT hold the Precious Body while providing a blessing
 - 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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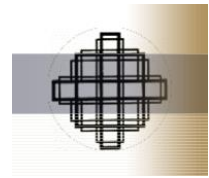
Practical Guidelines Distribution...What to do if

If a consecrated host is dropped:

- Pick it up reverently and consume right away
- Or hold it 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 – Body of Christ ONLY (not the Precious Blood)
- 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 Bowl (cup)
 - Dip fingers into bowl of water and quickly dab fingers on purificator next to bowl
 - 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 EMEs will assist with the washing of the vessels in the Sacristy after Mass



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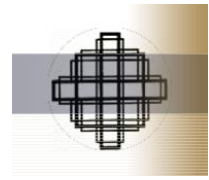
Practical Guidelines - Distribution of the Precious Blood of Christ

- DO NOT HURRY YOUR ACTIONS
- The Communicant should bow slightly before receiving
- The Communicant should receive the Chalice from you ONLY at the designated station
 - DO NOT take the Chalice to someone in the congregation or gathering area unless expressly instructed by the Priest or Deacon
- Slightly Elevate the Chalice
- Make eye contact
- EME says exact wording: **“The Blood 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 Chalice in their hands and be prepared to receive it back
- Take the Chalice back, wipe with Purificator and Turn
 - Wipe inner and outer part of Chalice where it was received
 - Turn a quarter turn
 - Move to a different part of the Purificator
 - Be CAREFUL to NOT dip Purificator into the Precious Blood
- It is not typical for a Minister of the Precious Blood to offer a Blessing over those not receiving communion
- *It is not an EME responsibility to deny anyone Holy Communion*

Practical Guidelines Distribution...

What to do if the Precious Blood is spilled:

- Quickly place and leave your Purificator over the spill, allowing it to absorb the Precious Blood
- Be sure to inform the Priest or Deacon, when appropriate
- The spilled Precious Blood will be properly cleaned further after Mass by clergy or sacristan



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Training & Guide Handout

Practical Guidelines – After distribution of Precious Blood:

- When all have received from your station:
 - Go assist another station
 - REMINDER: DO NOT take the Chalice into the congregation or gathering area
- When complete with distribution of Communion
 - Place hand over Chalice as you reverently walk back to Altar
 - Consume any remaining Precious Blood
 - If too much to consume, set it on the Altar to be consumed by Clergy
 - Hand Chalice to Priest or Deacon; or place it on the Corporal of the Altar
- Set Purificator on Altar

- Ordinary Ministers of Eucharist purify the vessels (Bishop, Priest or Deacon)
 - Should be done at the altar or Credence Table during Mass
- All EMEs will assist with the washing of the vessels in the Sacristy after Mass

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 Sacramarium (covered sink)
 - Direction can be found on the inside of the sink cover
 - Use Hot water with very little soap
- One washes, one or two dry vessels
 - 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 on cart or Daily Mass tray
 - But without hosts and wine

May God Bless you and your willingness to serve.

Christ the King Catholic Church

Catholic Diocese of Peoria



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APPENDIX

Practical Guidelines
Know the names...

Ciborium



Paten



Corporal



Chalice



Credence
Table



Purificator



Ablution
Cup / Bowl



Sacrarium



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-free Host insert
 - Gluten-free Hosts for consecration (if necessary)
- 2 or 4 Chalices (depending on Mass / need)...*not pictured*
 - 4 for 4:30p Sat and 9:30a Sun Mass
 - 2 for 7:45a Sun Mass
- 2 Cruets or 1 Cruet and 1 Pitcher
 - One with wine (Cruet or Pitcher)
 - One with warm water (Cruet)
- 1 Towel
- 1 Lavabo bowl (silver bowl for Priest's hand washing)
- Sanitizer