

CHRIST THE KING CATHOLIC COMMUNITY

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EXTRAORDINARY MINISTER OF HOLY COMMUNION INSTRUCTIONS

You have truly accepted a unique role and ministry in the celebration of the Eucharist. The Ordinary Minister of Holy Communion is a priest or deacon. But due to the large number of people who partake in Holy Communion, the Church commissions Extraordinary Ministers of Holy Communion to assist with giving the Body and Blood of Christ to members of the faithful during the celebration of the Eucharist and to the sick and homebound. This is a special ministry for which only those invited by the pastor and approved by the Bishop are permitted to exercise.

- 1 The best Extraordinary Minister of Holy Communion is one who is prepared, had a good devotion to the Eucharist, and knows well the ministry he or she is to fulfill.
- 2 Before Mass
 - Be rested.
 - Dress well. [Modesty is the policy of the Church and what you wear should reflect the highest reverence and demeanor for the Body and Blood of Christ.]
 - All ministers should arrive 10 minutes before Mass (15-30 minutes before Funerals and other special Masses such as Holy Week).
 - You are invited to join all ministers for prayer in the sacristy five minutes before Mass.
 - Find a substitute if you are unable to serve when you are scheduled.
3. During Mass
 - After sharing the sign of peace, proceed slowly towards the sanctuary, please do not wait for the “Lamb of God” to begin, apply a small amount of hand sanitizer on your hands, and line up together on the left and/or right side of the sanctuary.
 - If there are not enough ministers, please volunteer. Note: bishops, priests, and deacons are Ordinary Ministers and take precedence if they are present and thus some scheduled Extraordinary Communion Ministers will not be needed if there are bishops, priests, or deacons present.
 - After the Lamb of God, the proper stance is to kneel. You may remain standing if kneeling is an issue.
 - After the presider receives his host and receives from the cup and after the deacon has received Holy Communion from the presider, proceed into the sanctuary and line up behind the presider. The presider and deacon will communicate each Extraordinary Minister of Holy Communion and other ministers [Altar Servers, Readers, etc.]. The presider will give a paten to the Deacon or to one Extraordinary Minister of Holy Communion. The Extraordinary Minister of Holy Communion with the communion chalices communicates the Altar Servers. Then proceed slowly to your communion station.
 - The first Extraordinary Minister of Holy Communion takes a host, says “The Body of Christ,” and places it in the hand or on tongue of the communicant who has responded “Amen.” The name of the communicant is not said. No blessing is offered to persons not receiving Holy Communion. If the Extraordinary Minister of Holy Communion runs out of hosts they should receive more hosts from the presider. (In case of shortage hosts may need to be split.) When finished, return to the paten to the Altar so the remaining hosts can be placed in the ciborium to be returned to the tabernacle.
 - The Extraordinary Ministers of Holy Communion with the chalice presents the chalice to communicant, says “The Blood of Christ,” receives chalice back from communicant, wipes the place on the rim that was used with the purificator, and turns the chalice for next communicant. The name of the communicant is not said. No blessing is offered to persons not receiving Holy Communion.
 - When the Extraordinary Ministers of Holy Communion with the chalices are finished, they return to the closest side of the Altar and consume any leftover precious Blood **facing** the Altar and place the empty chalices and the purificators on the Altar. If the chalice is emptied before Holy Communion is completed, return the chalice and purificator to the closest side of the Altar.
 - The Extraordinary Minister of Holy Communion to the sick and homebound is to approach the Altar to receive the pyx with Holy Communion from the presider.

- All Extraordinary Minister of Holy Communion gather together in front of the Altar, bow, and return to their pew.
 - A priest or deacon will return the ciborium to the tabernacle and purify the vessels with the assistance of the Altar Servers.
4. After Mass
 - Notify the pastor if you need to take communion to a sick parishioner at other times.
 5. Thank you for completing this important service to the parish!

29 December 2016

NOTES

THE SACRAMENT OF THE EUCHARIST

The Holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist.

At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet 'in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.

The Eucharist is “the source and summit of the Christian life.” “The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.”

[Catechism of the Catholic Church 1322, 1323, 1324](#)

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WHO IS WORTHY TO RECEIVE HOLY COMMUNION? All Catholics in good standing with the Church are worthy to receive Holy Communion. “In good standing” means a person is in a proper relation with Christ and His Church and has been properly catechized. This includes being in a state of grace having celebrated the Reconciliation on a regular basis and thus free of all mortal sin [including cohabitating (living) with another person as if they were married, entering into marriage while still married but divorced without a Church Declaration of Nullity or death of the former spouse]. The Church asks us to celebrate the Sacrament of Reconciliation at least once a year so we may receive Holy Communion during the Easter Season [our “Easter Duty”] in a worthy manner. The Church calls us to do all we can to remain worthy to receive Holy Communion.

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COMMUNION FAST: everyone who plans to receive communion is required to fast from ALL FOOD and DRINK (except water and medication) ONE HOUR BEFORE RECEIVING COMMUNION. This includes no chewing gum.

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ON GIVING BLESSINGS DURING THE COMMUNION RITE [from the Congregation for Divine Worship, Rome]

Questions: What about giving blessings to people who come forward in the Communion line but who are not receiving Communion? Should a priest, deacon or an extraordinary minister of Holy Communion give the person a blessing instead? What if a person who is not receiving Communion presents himself with arms crossed over the chest, during the regular administration of Communion?

Answers: [dated 22 November 2008]

The liturgical blessing of the Holy Mass is properly given to each and to all at the conclusion of the Mass, just a few moments subsequent to the distribution of Holy Communion.

Lay people, within the context of Holy Mass, are unable to confer blessings. These blessings, rather, are the competence of the priest.

Furthermore, the laying on of a hand or hands — which has its own sacramental significance, inappropriate here — by those distributing Holy Communion, in substitution for its reception, is to be explicitly discouraged.

The Apostolic Exhortation Familiaris Consortio n. 84, “forbids any pastor, for whatever reason to pretext even of a pastoral nature, to perform ceremonies of any kind for divorced people who

remarry.” To be feared is that any form of blessing in substitution for communion would give the impression that the divorced and remarried have been returned, in some sense, to the status of Catholics in good standing.

In a similar way, for others who are not to be admitted to Holy Communion in accord with the norm of law, the Church’s discipline has already made clear that they should not approach Holy Communion nor receive a blessing. This would include non-Catholics and those envisaged in can. 915 (i.e., those under the penalty of excommunication or interdict, and others who obstinately persist in manifest grave sin).

In summary:

Extraordinary Ministers of Holy Communion (always laity) cannot give sacramental blessings within Mass.

Young children, who have not yet received first Holy Communion accompanying their parents in the Communion line may come with their arms crossed over their chests as a signal to the minister that they are not receiving Communion and as an expression of the child’s reverence for the Blessed Sacrament; but not as a sign they want a blessing. This reverent gesture of a young child is laudable and appropriate.

It should be clear to all that the priest’s blessing at the conclusion of Mass includes everyone, and that there should not be separate blessings for any person during the Communion rite.

BLESSINGS AT HOLY COMMUNION: The distribution of Holy Communion is not a time for blessing or touching a child or other persons who do not receive Communion. If someone comes forward in the Communion procession and does not receive communion the Ordinary or extraordinary minister of Holy Communion may simply say, “Receive the Lord in your heart,” with no blessing or touching of the person.

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More information may be found at: <http://christthekingcatholiccommunity.org/holy-eucharist>

DOs/DON'Ts

DO, if possible, check in the sacristy before Mass with the presider for any special instructions and prayer.

DO approach the sanctuary and stand in front of the sanctuary to the left and/or right side after the sign of peace and during the “Lamb of God.”

DO purify your hands with hand sanitizer.

DO volunteer if by the time the “Lamb of God” concludes you see we are missing one or more EMOHC.

DO kneel, if possible, on the first step of the sanctuary after the “Lamb of God.”

DO NOT stand and enter the sanctuary until after the priest[s] and, if present, the deacon receives Holy Communion.

DO NOT communicate a fellow EMOHC as this is the role of the priest and/or deacon.

DO NOT intentionally touch a communicant.

DO NOT offer a blessing to anyone who approaches you and asks for a blessing.

DO say “Receive the Lord in your heart” if someone approaches you and asks for a blessing.

DO pick up a host immediately and ‘palm it’ if a host falls to the floor.

DO cover any spilled Precious Blood with a purificator if any is spilled on the floor and notify the Presider after Holy Communion.

DO consume, if possible, and left-over Precious Blood at the Altar.

DO return your vessel [communion paten, chalice] to the left or right side of the Altar.

**OVERVIEW OF
RITE FOR HOLY COMMUNION
TO THE SICK/HOMEBOUND**

INTRODUCTORY RITES

Greeting

Penitential Act

LITURGY OF THE WORD

Reading

Response [silence and/or explanation]

Universal Prayer

LITURGY OF HOLY COMMUNION

The Lord's Prayer

Communion

Silent Prayer

Prayer of Communion

CONCLUDING RITE

Blessing