Christ the King Church
Extraordinary Ministers of Eucharist
2026 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.
- The Mass is the sacramental re-presentation of Christ's sacrifice on Mount Calvary-together with His Resurrection -Not a repetition of Calvary and not merely a symbolic reminder
  -We are at the foot of the Cross

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 -**Wholly present in both species** -The glorified Christ who rose from the dead after dying for our sins.
- As an EMHC, 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
- 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 – a priest can commission someone to serve as an EMHC on the spot *One-time only, not Commissioned for other times or place

Extraordinary Requirements

Spiritual attributes needed or be willing to develop:

- Humility
- Hospitality
- Gratitude
- Willingness… not worthiness
- Reverence-both to the Eucharistic elements and the ecclesial Body of Christ. Not just about fulfilling a function on Sunday morning, but sharing the very life of the Body of Christ.

- **Fulfill the Precepts of the Holy Catholic Church** (ccc2041-2043)
  -Attend Mass on Sundays and all Holy Days of obligation
  -Sacrament of Reconciliation a minimum of once per year

-Receive the Eucharist at least once per year during Easter Season
-Observe days of Fasting and Abstinence
-Help provide for the needs of the Church (time, talent and treasure)

- **Active Prayer life outside of Mass**
- **Develop a deeper understanding of our Faith**

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 Baptism, Eucharist, Confirmation
  *Living the Precepts of the Church (above)
- Must be registered and active members of the parish
- If married, must be in a valid marriage recognized by the church.
- Life must be led according to the values and morals of the Catholic Church
  ex: cannot be cohabitating, illicit use of drugs, etc.
- Must believe in the Real Presence of Christ in the Eucharist

Roles & Responsibilities

Distribution of Communion at Mass in the absence of or in support of Ordinary minister(s) – Bishop, Priest or Deacon

- This role is the focus of this training

Other Roles an EMHC may be asked to perform **(not part of this training)**

- Taking Communion to those who are sick, homebound, in nursing homes, hospitals, or prisons– Rite of Communion Booklet should be used
- May perform simple Exposition and reposing of the Blessed Sacrament for Eucharistic Adoration- **(not allowed at CTK)**

Practical Guidelines

Know the names: See Diagrams on Last page

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 EMHC minister
  *Refrain from strong perfume or cologne
- Always come dressed to be prepared to step in if we are short on EMHCs

Before Distribution

- Arrive 15 min early and let the Priest, Deacon or Sacristan know
  *Check off your name on the Ministry list for the day
  *If you cannot be there, **it is your responsibility to arrange for a Substitute** (EMHC Sub-List is available in this booklet)
  *The clergy should not have to scramble to find an EMHC

- Sit near end of pew for least disturbance
- Sit near front of church to minimize time to approach the Sanctuary
  *Easier for unscheduled EMHCs to know you are approaching
  *If you see there are too few EMHCs, please approach to serve.
- Approach Sanctuary at the Sign of Peace
  *Reverance the Altar during Mass with slight bow of head
  *Sanitize Hands using dispenser behind the wall
  *Walk up ramp and stop at the end of the wall
  *Approach the Altar after the Priest consumes host and stand behind him
- Receive Communion from the Priest or Deacon
- Priest or Deacon will hand Sacred Vessel to you
- Go to the station that Priest directs you towards **after** Priest leaves the Altar for his station; if no direction then look for an open station after Priest leaves the Altar.

Distribution of the Precious Body of Christ

- DO NOT HURRY YOUR ACTIONS
- The Communicant should bow or kneel before receiving
- The Communicant may receive in hand or on the tongue
- The Communicant can receive while standing * Kneeling is acceptable
- Picking up the host; Hold host over the ciborium
- Make eye contact
- EMHC ***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, EMHC prompts them by saying "Amen."
- Then place host in hand (or on tongue)
- If running low of Hosts, check with other EMHCs or begin to break hosts in half.
- Blessing of those not receiving communion is acceptable at CTK
  * Keep it brief and simple (God loves you, May the Lord bless you, etc.
  * **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 EMHC responsibility to deny anyone Holy Communion***

What to do 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 and/or Set it on the Corporal
- 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

After Distribution of the Body of Christ:

· When all have received from your station:
*Go assist at another station
*Ensure anyone wishing to receive who could not come forward has received by checking with usher (Body of Christ ONLY not the Precious Blood)
*Look to see if another minister is already in the back of the church. Ask the usher to go to that minister. (it is not necessary for all 4 minsters to go back)

- When complete with distribution of Communion:
  *Place hand over Ciborium/Chalice as you walk back to the Altar
  *Hand Ciborium to Priest or Deacon; or place it on the **Corporal.**
- USE Ablution Bowl (cup)
  *Dip fingers into bowl of water and quickly dab fingers on purificator next to cup
  *This helps ensure EMHC remove any fragments of the Precious Body
  *Immediately return to your seat, reverencing the Altar as appropriate
- All EMHCs will assist with the washing of the vessels in the Sacristy after Mass

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
- EMHC **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, EMHC prompts them by saying "Amen."
- Then place Chalice in their hands and be prepared to receive it back
  ***Intinction** (dipping the host in cup) **is NOT permitted**
- Take the Chalice back, wipe with Purificator and Turn
  -Wipe inner and outer part of Chalice where it was received
  -Turn a quarter turn, and 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 EMHC's responsibility to deny anyone Holy Communion**

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.
  *Either retrieve the purificator from the Ablution Bowl for use
  *OR immediately return the Chalice to the corporal of the Altar
- 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

After Distribution of the Precious Blood:

- When all have received from your station:
  *Go assist at another station if needed
  ***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 the Altar
  *Give Chalice to Priest or Deacon; or place it on the **Corporal** on Altar
  (Whatever may remain of the Blood of Christ is consumed at the altar by the Priest or Deacon (GIRM 284b) Sunday and Weekdays

*EMHC can consume the Precious Blood **ONLY if asked by Clergy**
*Fold and Place Purificator on the **Corporal** 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 EMHCs will assist with the washing of the vessels in the Sacristy after Mass

After Mass

- EMHC's last responsibility…**helping to clean vessels**
  ***Do not assume that someone else is doing it**
- An EMHC retrieves the Credence Table (cart) and takes it to Sacristy
- Another EMHC goes to Sacristy and prepares water in Sacrarium (covered sink)
  *Directions can be found on the inside of the sink cover
  *Use Hot water with very little soap
- One person washes, two dry vessels
  *DO NOT submerse the Chalice, quickly wash and dry it
  *Dry Ciborium's completely…very important if there is another Mass
- Set-up Credence Table for next Mass (see Appendix last page)
  *This includes preparing hosts and wine for the next Mass
  *Ask Sacristan, Deacon or Priest for help if necessary
- If last Mass of the day, put vessels on cart or Daily Mass tray
  * Without hosts and wine.

May God Bless you
and your willingness to serve
At your parish
Christ the King Catholic Church
Catholic Diocese of Peoria

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Proper Setup of Credence Table for next Mass:

· **Priest's Chalice**
  *Ask which Priest will be presiding and set out their Chalice
  *Purificator, Paten, Host, & Pall are set in this order from bottom up on top of the Chalice
· **1 or 2 Ciboriums with covers**
  *Depends on how many are in the Tabernacle (ask priest)
· **1 open Ciborium with Gluten Free Host container in center**
  *Gluten Hosts in separate container
· **4 or 2 Chalices**
  *4 for 4:30pm, 7:45am & 9:30am
  *2 for weekday Masses
· **Purificators for each chalice**
· **1 Cruet & 1 Pitcher (or cruet)**
  *One with wine (pitcher or cruet)
  *One with warm water (cruet)
· **1 Towel**
· **1 Lavabo bowl** (silver bowl for Priest's hand washing)
· **Hand Sanitizer**

