

“Refresher”

Give them some food yourselves. – Mark 6:37a

‘Whether you are a beginner or a long—serving extraordinary minister, there should be great reverence for the Eucharistic species.

**It’s our turn:** To make a place that’s calm, peaceful, and welcoming, a place where we can help each other experience God’s loving presence, and God’s strength, comfort, and support for us — just for a little while. We do that in countless little ways: By the way we sing and the way we pray together, the way we make room for one another, the way we make quiet for one another, the way we arrive on time or the way we leave before Mass is over.

**In so many ways, we create or we destroy something wonderful for everyone around us.**

It is very important to remember this is not about you--- Your task as an extraordinary minister at Mass is one example of service to the people of God in the celebration of the Mass.

1. **Qualities of the Extraordinary Minister of Holy Communion:**

- a) The minister will love the body of Christ in all its forms, and seek to serve the people of God in their times of need. You have felt God’s call to this ministry. After all, who is worthy of this great mystery? Remember what is it we say before receiving “Lord I am not worthy.” But Christ invites us anyway. Christ makes us worthy by coming to us.
  
- b) We are aware that some ministers who are called have valid reasons that they cannot distribute the Blood or Body, we will respect that -- but

**REMEMBER unless there is a valid reason There are NOT Extraordinary ministers of the Precious Blood or Extraordinary Ministers of the Body – there are only Extraordinary Ministers for the Eucharistic species (Blood or Body). You may be called upon to serve either.**

2. Holding the ciborium or the chalice should be held comfortably at chest height, not too high or too low for ease of distribution. Adjust the height to accommodate the physical capability or dexterity of the communicant. For example, some children and elderly persons may be unsteady when receiving. Just be attentive.

When communion is over. Hold the ciborium or the chalice with the same reverence as when it is full.

### 3. Low Gluten Hosts:

- a. The EM should not hand out the Low Gluten hosts, this will be reserved for the Deacon. Only because it makes it easier for the person to see who to approach for the Low gluten. And because it minimizes any chance of cross-contamination.
- b. The EM's should not take the station reserved for the Deacon to hand out consecrated wheat hosts. There is a "temporary" marker at the pew—on the Ambo side (where the EM would stand if they were giving out the Wheat hosts), this will read "Reserved for Deacon". Then there will be another "temporary" marker by the Ambo, at the end of the rail reading "Low Gluten".
- c. There should not be additional EM's added. *(The exception would be if the health of the Deacon requires an additional EM to assist, but this request should be made to the Lead EM by the assisting Deacon.)*

### 4. There are certain rubrics (procedures) given by the Church that must be followed by everyone

- a. At the Beginning of communion; the EM should not go to the altar and help themselves to a vessel (ciborium or cup) to distribute. Even though you are an extraordinary minister, prior to your distributing the body or the precious blood, you will receive the sacred species from either the priest or deacon who, in turn hands you the appropriate vessels to administer Holy Communion.
- b. End of communion; the persons who distribute the Body, should wait for either the priest or Deacon to come to the altar to return any unused consecrated hosts to the main ciborium. The EM should not “dump” what they may have left into the ciborium.

5. **Cleaning vessels after Mass:** Remember if you have not helped clean the vessels after Mass, you are expected to learn the process and assist. At least offer! There are times when no one is here to clean and it is left for the Priest or Deacon to do, or we have just one person cleaning. *It is equally important to allow others to assist.*
6. **Sacarium should be closed after the cleaning.**
7. **Attire:** Does your attire express respect and reverence for the sacred mysteries that are being celebrated? Ask yourself is this how I would present myself to my boss? Would I participate in any of the other Sacraments (Baptism of my child, wedding, funeral, confirmation..) dressed like this? Again, it is not about you, or how much cooler shorts or tank tops feel it is about reverence: being an example of service to the people of God in the celebration of the Mass. If you are not scheduled but are requested to fill in and are not dressed for it, please discern about your appearance before you accept. EM Leaders- should also discern about who to invite.
8. EM Leader, is the only person who should be giving the team direction at each Mass of what needs to be done. This person has received direction from the clergy, anyone else stepping in and giving direction makes things confusing and often is resented. I will talk to the Deacons (and try myself) to also go through the Lead EM.

If it pertains to our method of doing something, and you cannot catch the EM Leader, you can contact me (Deacon Mike Lowe) by email [dcnmikelowe@gmail.com] or 853-2571

9. Wine consumption by underage. Two words -- RESPONSIBILITY! -- LIABILITY!  
(6pm we should have two adult to be EM's for this reason)
10. 6pm Mass, needs to start putting the crosses in the Altar Sacristy.

When you serve as an extraordinary minister, be attentive to all your words and actions. Your actions should always be filled with meaning, every step and every word.

Remember: **In so many ways, we create or we destroy something wonderful.**

