



Mary Queen of Peace Liturgical Ministry: *Extraordinary Ministers of Holy Communion (EMHC)*

Purpose of Ministry

Extraordinary Ministers of Holy Communion (EMHC) assist the Priest and Deacon (Ordinary Ministers of Holy Communion) in distributing the Precious Body and Blood of Jesus at communion time. This ministry is to be **exercised at Mass only**; ministers to the sick and homebound are organized through the Parish Office.

Qualities of Extraordinary Minister of Holy Communion

The faithful who are EMHC must be persons of Christian morality and virtue. They should strive to be worthy of this great service, foster their own devotion to the Eucharist, and show an example to the rest of the faithful by their own devotion and reverence toward this most Holy Sacrament of the altar.

What are the “good qualities of Christian life”? EMHC bring their own unique qualities with them to this service to the Church. Some of these good qualities are pure gift, a matter of personality and temperament. Others have been developed through discipline, experience and struggle. When these good qualities are brought to the service of distributing Holy Communion, both the qualities and ministry are enhanced.

Requirements/Expectations

- Those interested must be active, confirmed Catholics. They must be parishioners at Mary Queen of Peace.
- A deep love and reverence for the Eucharist
- Eucharistic Ministers attend training sessions and are commissioned for a 3-year term by the pastor.
- Dress in neat, clean, modest clothing – shirt, blouse, sweater, slacks, skirt or dress. No t-shirts, shorts, jeans, or flip flops. Attire should not draw attention to yourself.
- Wash hands thoroughly before each liturgy. Disinfectant is available in the sacristy.
- Those with serious colds or illness should call a substitute.

Schedule

Karen Otto, our Volunteer Scheduler, will provide a schedule for up to 3 months at a time, along with contact information with all of the serving at Mary Queen of Peace. Communication will be provided via email from VolunteerCoordinator@MQPCatholic.org, if email has been provided, else via US Postal Service or phone. Every EMHC is responsible for serving when scheduled.

- EMHC are scheduled to serve approximately 1 times per month, and ask to volunteer on holy days.
- When not scheduled, but attending Mass, EMHC are asked to step up to serve if needed.
- Courtesy and common sense dictate that the EMHC find a substitute when he or she is unable to serve at a scheduled time.



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Before the Liturgy

- **Arrive** at least 10 minutes before Mass
- **Check in** by initialing your name on the schedule posted at the back of church.

Sign of Peace and Communion

- At the Sign of Peace, the EMHC(s) will come forward to the foot of the sanctuary, bow as a group toward the Tabernacle, and proceed into the sanctuary after the Priest receives the Precious Blood. The EMHC then will sanitize their hands, and prepare to receive Holy Communion.
 - There should be a total of 4 ministers. Priest, Deacon (if present) and 2 Extra Ordinary Ministers
- The EMHC will line up:
 - St. Martin: at the foot of the high altar between the two altars
 - St. Walburga: off to the side of the altar toward the sacristy
- After receiving Holy Communion, the EMHC will then go to their communion station, and proceed with the distribution of Holy Communion.
- The EMHC will offer the Blessed Sacrament by holding up one Host to the communicant's view, looking into the eyes of the communicant, and saying clearly, "The Body of Christ." The minister waits until the communicant responds "Amen" before placing the Host in the communicant's hand or on their tongue.
- The EMHC should ensure the communicant has actually placed the Blessed Sacrament in their mouth before the communicant returns to their pew, lessening the chance of a sacrilege being committed against Jesus in the Most Holy Sacrament of the Altar.
- Blessing: If a person comes forward in the communion procession and does not wish to receive the Blessed Sacrament, the EMHC may place their hand on the communicant's shoulder and say "Bless you"
- After Communion, when all have received the blessed sacrament, all EMHC should bring their vessel(s) to the altar for the Priest or Deacon to purify, and they should cleanse their fingertips and dry.
- The EMHC should wait at the altar until the Priest/Deacon has placed the Precious Body in the Tabernacle, and can then walk down to the front of the bottom step as a group, bow toward the Tabernacle and return to your pew.

OTHER:

- *Running out:* If there is a minister near with an adequate quantity of hosts, approach that minister and hold out your plate. That minister will place some hosts into your plate. Continue distributing. If the communion line is nearing the end and you realize you will not have enough hosts, feel free to break the hosts you have in your plate in half.
- *Accidents with the hosts:* If a host falls, simply pick it up and place in the palm of the hand that's holding the plate. When you return your plate to the altar, simply consumer the host.
- The EMHC that serve the wings at St. Martin should stand at the end of the pew, nearer the center of the church.