

# Extraordinary Ministers of Holy Communion (EMHCs) - St. George

## Preparation

1. Pray
2. Dress nice
3. Arrive at least 10 minutes before Mass
4. Do not chew gum

## Execution of the Ministry

1. After you have exchanged the Sign of Peace, approach the sanctuary, genuflect toward the Blessed Sacrament on the altar, and take your place just before the wooden platform.
2. After Father has received from the chalice, step up onto the wooden platform to receive Holy Communion.
  - A. For Communion under both Species (with seven EMHCs)
    1. Arrange yourselves four on one side and three on the other side (or 3 and 3 if we have a Deacon)
    2. On the side with four, the minister nearest the wall steps forward and Father gives him/her the Host and then the chalice, and then hands him/her the ciborium with Hosts.
    3. He/she gives the Host to the remaining three, and then hands the chalice to two of them, and a ciborium to the other, taking a second ciborium for himself/herself.
    4. Meanwhile, Father distributes the Hosts and chalices to the other three.
    5. If we have a Deacon, then no one steps forward, and Father and the Deacon will give Communion and distribute the vessels.
  - B. For Communion under one Species (with three EMHCs)
    1. Arrange yourselves all three (or two if we have a Deacon) on the ambo side of the altar.
    2. Father will give the Hosts and hand the chalices and ciborium.
3. Once you have the ciborium (or chalice), proceed to your place for distribution.
4. If distributing the Host: hold the Host up while saying, "The Body of Christ" and then place in the hand or on the tongue.
5. If distributing from the chalice: hold the chalice up while saying, "The Blood of Christ" and then hand the chalice to the communicant (if young or elderly, you may need to help them); when you take the chalice back, then wipe both the inside and outside lip of the chalice, turn the chalice, and move the purificator to a new spot (it helps if you unfold the purificator and use the entire cloth while distributing).
6. After Communion, if you have a ciborium with Hosts left and arrive at the altar before Father, carefully place the Hosts into the Tabernacle ciborium and leave your ciborium on the altar and take your place on the ambo side of the altar, off the wooden platform. If you have a chalice, consume any remaining Precious Blood, place the chalice and purificator on the altar, and stand on the chair side of the altar, off the wooden platform.
7. When Father (or the Deacon) reposes the Blessed Sacrament, all make a profound bow to the Blessed Sacrament as Father genuflects. Those on the ambo side of the altar return to their seats, and at the edge of the sanctuary, make a profound bow (from the waist) to the altar.
8. Father will then purify the chalices. As he pours water from one chalice to the next, he will hand the emptied chalice with a purificator to one of the remaining EMHCs (or the Deacon will hand them to you). Take it to the credence table and dry it with the purificator; drape the purificator over it and return to your seat, making a profound bow (from the waist) to the altar at the edge of the sanctuary.