

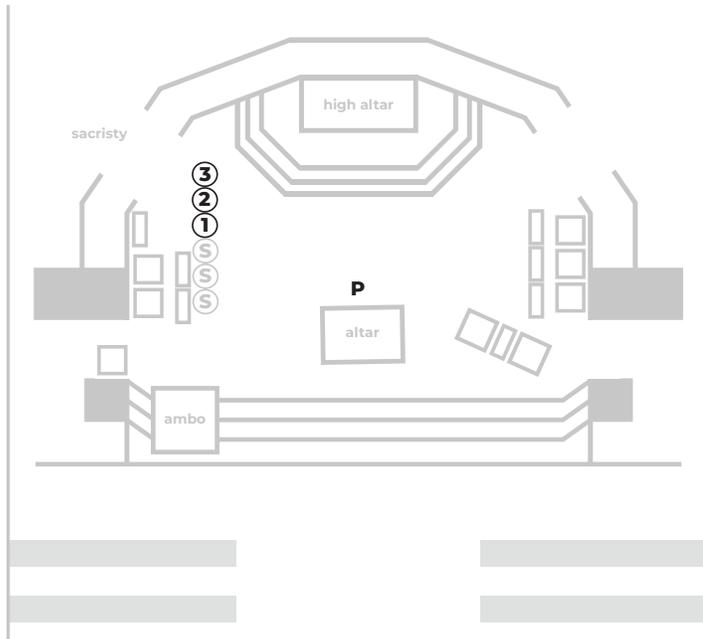


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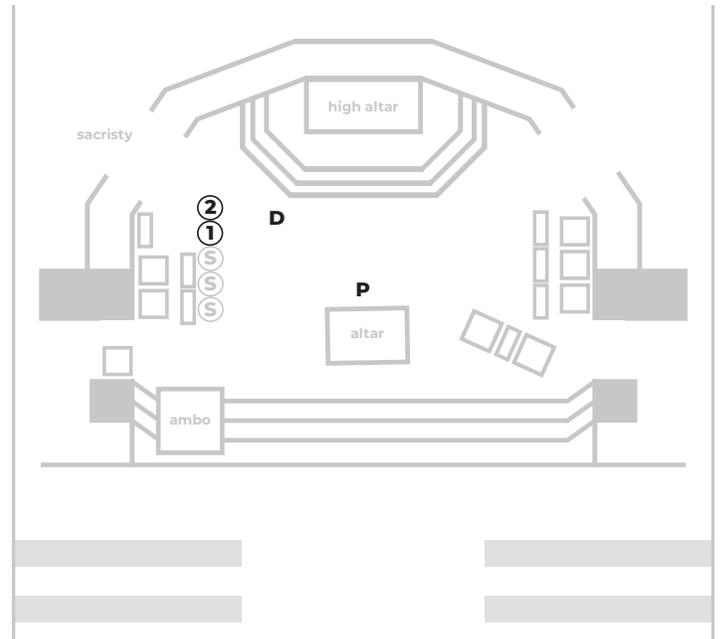
Catholic Church ■ Cedar Rapids, IA

Extraordinary Ministers of Holy Communion (EMHC) Rubrics

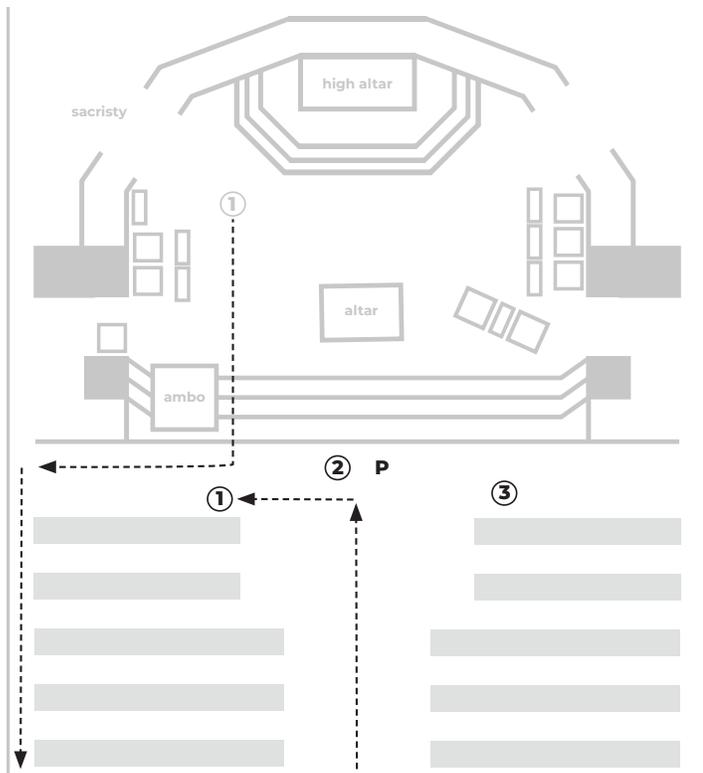
Pre-Communion positions without a Deacon present



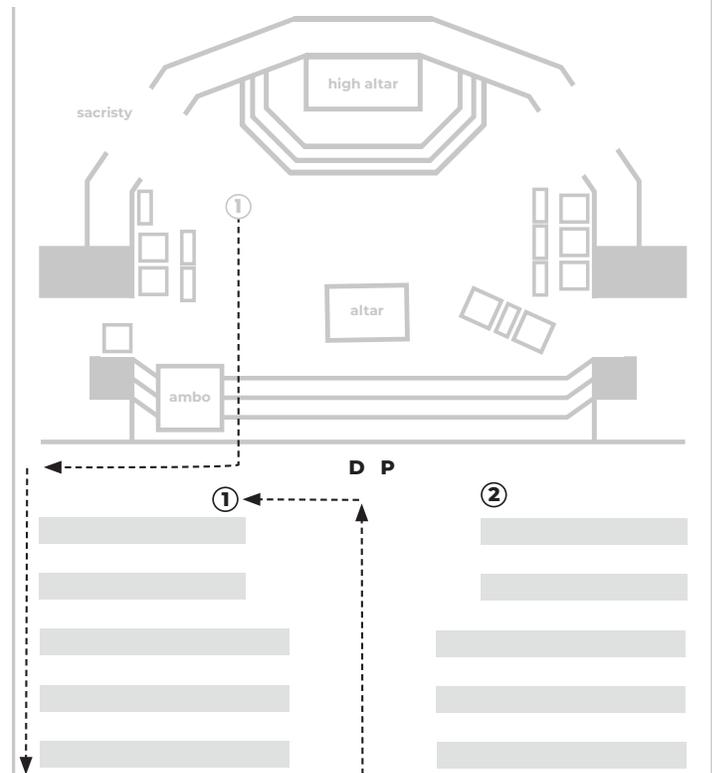
Pre-Communion positions with a Deacon present



Communion positions without a Deacon present



Communion positions with a Deacon present



Understanding the Diagrams

After the EMHCs have received Communion and their ciborium, they then proceed to the positions noted here. The person in position #1 will distribute Communion to those seated in the front row who are unable to come forward. This person then proceeds to the back of the church on the left side of the pews to distribute Communion to people in the back who are unable to come forward. Person #1 then comes up the center aisle and takes their position as noted above. After you have finished distributing, place your ciborium on the altar and return to your pew.

General Guidelines

- All EMHCs are to be commissioned. (Pastors can give one-time delegation to serve in this ministry, such as weddings, but commissioned EMHCs are always preferred.)
- If you are unable to serve at your scheduled time, please call someone from the list of EMHCs and find a replacement. Do not rely on people to just come forward to fill in for you on the spot because you are not there for your scheduled time.
- If you are sick or not feeling well, please call someone if time allows. Never minister while you are feeling at all ill.
- “Elevated Attire”: Consider modesty and avoid informality—being too casual. Per the privileged role in the Liturgy, please elevate your attire accordingly. Some examples: shorts, jeans, or spaghetti straps are not fitting for a liturgical role.
- If you are scheduled as an EMHC or a substitute, please arrive at least 15 minutes before Mass begins and check your name off on schedule. Please note if you are a substitute on the schedule in the sacristy.
- Movement in the sanctuary should be kept to a minimum. The proper posture is to have your hands folded together in front of you. Avoid hands-in-pockets, behind the back, or other casual stances.

During the Liturgy

- After the Sign of Peace, please take your places as marked on the diagram. At the base of the steps, please bow towards the altar. Do not greet other ministers (as to not lengthen the Sign of Peace). If you wish to use hand sanitizer, do discretely (with back to the assembly) and completely before going to the designated place.
- When distributing, elevate the host for a brief moment and then say,
- **“The Body of Christ.”** When distributing from the chalice, hand the chalice to the communicant, holding the purificator, and say **“The Blood of Christ”**. Then, wipe the purificator across the rim of the chalice.
- When someone approaches with their arms crossed over their chests, simply offer: “God bless you and keep you”. No gesture is needed.
- After you have finished distributing, place your ciborium on the altar and return to your pew. **(This is new!** Do not wait for the Blessed Sacrament to be reposed!)

- Purification of the sacred vessels is to be done by the priest or deacon.

Edge Cases

- If a host is dropped on the floor, calmly pick it up immediately, if the communicant does not. (Often, they will consume it right away themselves.). Otherwise hold it, separate from the other hosts, and notify the presider about it after communion.
- If you notice someone walk away without consuming the host, notify the presider or deacon.
- If there is a spill of the precious blood, place the purificator over the spill, and inform the priest or deacon immediately.