

**GUIDELINES FOR  
EXTRAORDINARY MINISTERS OF HOLY COMMUNION  
IN SAINT HELEN'S**

1. An Extraordinary Minister of Holy Communion (EMHC) is a lay person who assists the Ordinary Minister (Priest or Deacon) in the distribution of Holy Communion. This ministry is more than one of convenience or personal recognition. Their role affirms the dignity and holiness of all the baptised.
2. EMHCs are not to fulfil any other ministries at the Mass at which they distribute Communion. They wear no particular attire and their appearance should be neat and appropriate to the circumstances. It should be avoided that any EMHC functions at more than one Mass on a particular day, nor at every Mass attended.
3. EMHC should gather in the Parish meeting room 5 or ten minutes before Mass to ensure that sufficient ministers are present and to decide on the location where each will distribute Communion, avoiding the need to have this discussion on the Sanctuary during Mass. In good time EMHC should take their place in the Assembly.
4. An EMHC is not to be part of the Gathering Procession at Mass. He or she should be present and participate fully at the mass during which he or she distributes Communion. Every EMHC should be seated in the Assembly during Mass, preferably in a variety of locations, where appropriate with their families.
5. EMHC should move into the sanctuary after they have offered the sign of peace before the fraction rite. The sign of peace should not be prolonged amongst EMHC on the sanctuary.
6. The Celebrant will then distribute Holy Communion to the EMHC. This will be according to the kinds being received by the whole Congregation. After receiving the Body (and Blood) of Christ, the Celebrant will hand each EMHC a ciborium. There is no need to make any response.
7. After the distribution of Holy Communion, the EMHC should return to the sanctuary and either return the ciborium with remaining hosts to the Celebrant or place it on the altar. After making a reverence, they should return to their place in the Assembly.
8. Those who are going to visit the sick should remain on the sanctuary until they have received hosts from the Celebrant before immediately leaving the Church without further reverence. They should then go directly to the home of the person they are visiting.
9. At masses at which Holy Communion is received under both kinds, EMHC who have distribute the Precious Blood should return to the side table to purify the chalice before returning to their place.
10. Please always be vigilant that those to whom you give Holy Communion consume the host in your sight.