

# Serving as an Extraordinary Minister of Holy Communion

*Let us adore the Lord with reverence and seek always to serve Him with humility and joy.*

As we know, the Holy Eucharist is “the source and summit of the Christian life” (*Lumen Gentium*, 11). While every sacrament is sacred, the Most Holy Eucharist is uniquely so — it is the very Body, Blood, Soul, and Divinity of Jesus Christ.

Holy Communion is normally received during Mass and distributed by ordained ministers — bishops, priests, and deacons. In rare and exceptional circumstances, however, laypeople may be appointed to assist in the distribution of the Eucharist. These individuals are not “Eucharistic Ministers” (a term that must **never** be used), but **Extraordinary Ministers of Holy Communion** (EMHCs).

The Church is clear that EMHCs are to be used only when truly necessary. As the Vatican’s *Instruction Redemptionis Sacramentum* (2004) teaches:

*“Only out of true necessity is there to be recourse to the assistance of extraordinary ministers in the celebration of the Liturgy... This function must not be mechanistically exercised, nor considered as an opportunity for promotion or for special recognition.”*  
(RS 157–158)

## Are You Called to Serve? [Please read this article](#)

I invite you to pray and discern whether the Lord may be calling you to this ministry. If so, please consider the following expectations:

- **Familiarity with Church teaching on the Eucharist**, especially:

- [Ecclesia de Eucharistia](#) (St. John Paul II)

- [Sacramentum Caritatis](#), (Pope Benedict XVI)

- [Redemptionis Sacramentum](#) (Vatican’s instruction)

- o **Spiritual readiness**, including:

- o Living in a state of grace and being a practicing Catholic in full communion with the Church

- o A strong Eucharistic devotion — including a regular Holy Hour, ideally in the presence of the exposed Blessed Sacrament

A spirit of humility, maturity, and reverence, with no desire for recognition

This is not a routine or permanent position. It is not a right or title. It is a sacred service offered *only as needed* — and always with deep reverence for the mystery of the Eucharist.

If, after sincere prayer, you believe the Lord is inviting you to offer yourself for this ministry, please write me a short letter or email explaining why you feel called to serve.

## Bringing Communion to the Sick and Homebound

We are always in need of reverent and dependable ministers to bring Holy Communion to the sick, elderly, and homebound. This is a beautiful, often hidden work of mercy. If you are interested in serving in this way, please contact the parish office.

**\*\*N.B.** paper copies of the documents referred to can be picked up in the parish office.

*(Revised on 5/2025)*