

Guidelines for Eucharistic Ministers

Archdiocese of New York Requirements:

- At least 18 years old
- A Catholic who has received First Holy Communion and Confirmation, as well as one who leads a life of faith in keeping with the function to be assumed.
- Free from any canonical penalty legitimately imposed or declared
- Reverential, respectful of his/her faith and the Blessed Sacrament, and of good moral character
- Possessed of the necessary ability and talents to proclaim the Word of God in a clear, dignified, and effective manner; and
- If married, be in a valid marriage according to the law of the Catholic Church

Dress: Please dress in a dignified manner. Athletic wear is not appropriate, and you are expected to wear your “Sunday best” when serving in this role.

Upon arrival: (15 Minutes before Mass begins)

- Sign your name on the printed schedule in the Ministry Schedule - White Binder in the Sacristy upon arrival.
- Now is the time to wash your hands.
- *If you choose to use hand sanitizer, it is to be used in the Sacristy and not during the Mass in the pew.*
- Wait in the Narthax (Back of the Church) and decide amongst the other Eucharistic Ministers which station you will serve Holy Communion. (Baptismal, Choir, Confessional closest to Choir or Confessional closet to Baptismal Font)
- Line up behind the Altar Servers to process in for Mass
- Bow at the Altar and proceed to reserved pew (2nd pew, left side when facing the Altar)

Mass:

- After the celebrant (priest) receives Holy Communion, you approach the Altar to receive Holy Communion.
- You will be handed a ciborium to distribute Holy Communion.
- If you are right handed, you will hold the ciborium with your left hand by putting your thumb through the hole and having it rest in the palm of your hand. While you walk to your station, take your right hand and cover the ciborium (same when you return after serving).
- When distributing Holy Communion to the faithful, the ritual formula “The Body of Christ” should be used, with no alterations or additions.
- The decision to receive the host on the tongue or in the hand is made by the communicant, not the minister.
- Special care should be taken to ensure that the host is consumed by the communicant in the presence of the minister, so that no one goes away carrying the Eucharist species in his/her hand.
- The communicant’s hands should be clean and free of gloves if they are receiving in their hand.
- Only a priest or deacon can give a blessing to those who come forward in the Communion procession, but do not wish to receive the Eucharist.
- Procedure if a host is dropped: If a host falls, it is to be picked up reverently; and placed underneath the ciborium. Upon returning the ciborium, hand the dropped host to a priest or deacon advising it dropped.
- Once the distribution of Holy Communion has ended, return to the altar with your vessel. Either place the ciborium on the corporal or hand it to the priest or deacon.
- You will purify your fingers in a small bowl of water found on a small table near the pew where you sit.
- Return to your pew and remaining kneeling until the tabernacle door is closed.
- After the Final Blessing and you respond “Thanks be to God”, you line up to process out. Facing the Altar: Priest, Eucharistic Ministers, Lector, Altar Servers.
- Once the priest bows, you bow, turn around and process out.