



## ***What is an Extraordinary Minister of the Eucharist?***

An Extraordinary Minister of the Eucharist (EME) is a baptized Catholic, a person of faith, who sincerely believes in Christ's real presence through the distribution of the Holy Eucharist.

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### ***Hearing God's Call***

Reflect on your faith and how good God has been to you.  
Deeply discern, through your own heart, the meaning of the actions you will perform.  
Consider what you can offer in return to the One who made you and blessed you.

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### ***Worthiness***

Some people feel unworthy of this ministry; thinking that as an Extraordinary Minister they should not be allowed to touch the Body of Christ, to handle the Sacred Cup, or to place these elements in the hands of the faithful.

These feelings are normal. After all, who is worthy of this great mystery? Every one of us, before we receive Holy Communion, says, "*Lord, I am not worthy*"...but Christ invites us anyway. Christ makes us worthy by coming to us.

No one distributes Holy Communion without having first received it. In the mysterious presence of the risen Jesus, filled with the Holy Spirit, an Extraordinary Minister is called by God to handle what no one otherwise dares to touch.\*

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### ***How do I prepare to serve as an Extraordinary Minister of the Eucharist?***

#### ***Go in peace, glorifying the Lord by your life.***

This ministry puts you at the center of the Church's life.

Personal preparation includes strengthening your life through daily prayer and study to aid in appreciating the great gift of the Eucharist and its distribution with proper care.

Your call to serve as an Extraordinary Minister requires that your demeanor and attitude reflect the sacredness of the actions you are performing; reflecting the love of God and your faith as you exercise this ministry.

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#### ***At Mass***

Prepare to receive the Holy Eucharist in a state of grace; having fasted before Mass according to the norms of the Church.

Arrive at the church early enough prior to Mass, not only to sign in and find your assigned station but also to **take time in prayer** before Mass to prepare for your service.

Your schedule assignments are based on your preferred Mass time and planned, usually, 3 months in advance, based on your availability; serving at least twice per month.

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#### ***In the Hospital and Homebound Ministries***

Schedules are also based on your availability and the need for these ministries.

*See II Prerequisites for Becoming an EME.*

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Discern about **knowing God, loving God** and how you might best **serve God**.

*\*Guide for Extraordinary Ministers of Holy Communion, Liturgical Ministry Series*