



## St. Louise Parish

141 156th Ave SE, Bellevue, WA 98007  
(425) 747-4450

### Extraordinary Minister of Holy Communion (EMHC) Ministry

**Who can serve as an EMHC:** Registered parishioners who are fully initiated.

**Commitment:** Maintain schedule availability in MSP and attend all trainings. When scheduled to serve arrive at least 15 minutes before Mass time.

**If you are unable to serve as an EMHC at a liturgy for which you are scheduled on MSP, complete the following steps:**

- Request a sub in MSP.
- Notify your ministry coordinator, right away, at [em@stlouise.org](mailto:em@stlouise.org) or 571-435-4904.
- Contact folks on MSP to work to replace you for the time you're supposed to serve.

### Before Mass

**Wear your face mask at all times except for the moment you yourself receive communion.**

**Each Mass needs two or three EMHCs** (exceptions described below).

**Arrive at least 15 minutes before Mass and check-in on the iPad on the table outside of the sacristy. You will be replaced if you have not checked in at 10 minutes before Mass.**

If a deacon is present, ask him where he would like you to stand during communion. If no deacon is present, ask the sacristan where they would like you to stand during communion. EMHCs will take the spots not taken by the priest and deacon who serve as the ordinary ministers of Holy Communion.

**Seat yourself at the end of a row, preferably close to the front of the church,** so that you can easily take your place near the altar when it's time for you to do so.

### During Mass

There are presently four positions for distribution of communion (Body of Christ only). The priest normally takes the spot at the top of the main aisle on the ambo side. If a deacon is present, while we are only distributing the Body of Christ and not the Precious Blood, the deacon will most often take the other spot at the top of the main aisle, on the altar side, but some deacons may prefer a different spot. The other two spots are at the top of the aisle on the Marian side of the church, and the top of the aisle on the choir side of the church. EMHCs will most often cover these Marian and choir spots. If the deacon takes one of the side spots then the EMHCs will decide who will take the top of the main aisle next to the priest and who will take the Marian side. **The deacon or sacristan will assign you to a spot.**



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Just as the priest begins to lead the assembly in the “Lamb of God,” EMHCs should approach the steps on the tabernacle side of the altar and **sanitize their hands while remaining on the floor at the bottom of the steps.**

EMHCs stand or kneel when the priest says “**Behold the Lamb of God...**” Pray the response along with the assembly.

EMHCs who at this point are lined up and facing the altar at the bottom of the stairs next to the tabernacle wait to receive communion. (To receive, take off your mask, raise your hand flat, receive and consume the host, and put your mask back on.) **After you receive communion, as the priest or deacon moves to the next EMHC, move to immediately sanitize your hands and then move back to your place in line at the bottom of the stairs.**

After you have sanitized your hands, the priest or deacon will return to hand you the **ciborium (dish with consecrated hosts)**, then you walk to your designated spot; preassigned by the deacon or sacristan.

When you distribute Holy Communion to each person, raise the host, make loving eye contact with the person receiving it and say “the Body of Christ.” The communicant should respond at that point “Amen.”

Ushers might approach you to bring Holy Communion to someone who is unable to walk in the communion procession; after you are finished with the communicants in your section of the procession, follow the usher or the usher’s directions to that person and give them communion.

### **Covid related instructions regarding distribution on the hand and the tongue**

On the Marian side of the church, communion is being distributed *only* on the hand.

In the other sections of the church, we have asked folks who are uncomfortable with folks receiving on the tongue **to sit closer to the front of the church.** We have asked folks who would like to receive on the tongue to **enter the line behind those folks.** They do not have to move to the very end of the line but simply after the folks who are worried about mixing who have been asked to sit up front. If a person wants to receive on the tongue in the center aisles or on the choir side sits in the front pews or on the Marian side, please do not issue a harsh instruction. Ask them nicely to please receive after the folks in the first few pews. If they refuse to do so, distribute communion on the tongue and then stop, sanitize your hands, and move on to the next person while letting the staff know afterwards that we need to speak to the person. Please do not distribute communion on the tongue on the Marian side; ask them nicely to please join the center aisles.



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**Regardless if you are distributing communion on the hand or on the tongue, if at any time, you make contact with a communicant's hands or mouth, please stop immediately, briefly place the ciborium on the stand next to you with hand sanitizer and sanitize your hands before proceeding to the next person.**

When you are finished giving Holy Communion to those in your section, if you have remaining hosts, look to see if the other Eucharistic ministers need assistance with an especially long line (sometimes the priest will assist). If you do assist, stand to one side so that the parishioners in line can easily see that you are also distributing Communion.

The EMHC for the choir side will distribute Holy Communion to the music ministers after the music is finished.

When all this is finished, bring the **ciborium with the consecrated hosts** and either hand it to the priest or deacon or place it on the altar yourself.

Bow to the altar and sanitize your hands, then return to your seat.