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Reflection Questions

- What is your personal experience in relating to those who are ill, or in visiting the elderly or homebound that has called you to this ministry at this time in your life?
- What gifts did God give you that will help you in this ministry?

2

Opening Prayer

Gracious God,
I am in your Sacred Presence
about to take the Bread of Life to
those who are unable to participate
in the parish celebration of the
Eucharist. Thank you for the honor
to carry Christ to them.

3

Opening Prayer

Bless my hands that they may be
fitting instruments of this Holy
Visitation.

Bless my heart, that I may
prayerfully carry the Bread of Life
to those in need.

4

Opening Prayer

May my attitude, my reverence,
and my concern for others be of
Your divine heart.

I ask this in the name of our Lord,
Jesus Christ, who lives with You
and the Holy Spirit now and for
ever. Amen.

5

“Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise. Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint (him) with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.”

James 5:13-15

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Visitation Ministry

- Is a form of pastoral care.
- Helps the sick or homebound access more social, psychological, or physical support services.
- Provides comfort for the caregivers and family members.
- Aids in assisting the terminally ill with finding inner peace and healing before death.

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Pastoral Care of the Sick

- Ministry of Presence
- Ministry of Prayer
- Sacraments



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Pastoral Care of the Sick

The concern that Christ showed for the bodily and spiritual welfare of those who are ill is continued by the Church in its ministry to the sick. This ministry is the common responsibility of all Christians, who should visit the sick, remember them in prayer, and celebrate the sacraments with them.
(Pastoral Care of the Sick, 43).

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Pastoral Care of the Sick

Suffering and illness have always been among the greatest problems that trouble the human spirit. Christians feel and experience pain as do all other people; yet their faith helps them to grasp more deeply the mystery of suffering and to bear their pain with greater courage. From Christ's words they know that sickness has meaning and value for their own salvation and for the salvation of the world. They also know that Christ, who during his life often visited and healed the sick, loves them in their illness
(Pastoral Care of the Sick, 1).

10

Ministry of Presence

- Relationship with the person who is sick or homebound is key!
- Take time to introduce yourself.
- Listen attentively to the person.
- If they are interested, share about the parish and offer a bulletin.

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Visiting the Sick and Homebound

- Be there. Be present to the moment.
- Know the power of touch, as appropriate.
- Listen with enthusiasm.
- You don't need the "right" answers.
- Validate the person's emotions.
- Don't be afraid of tears.
- Try to be compassionate.
- Monitor what you say.

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Visiting the Sick and Homebound

- Keep your visit brief.
- Be yourself.
- Ask what the person would like to pray about.
- Sometimes the visit is the prayer.
- If possible, include the family or the caregiver(s) in the prayer.
- Use symbols.
- Use some healing music.

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Ministry of Prayer

- This ministry must be grounded in prayer.
- If the person does not wish to or physically cannot receive Holy Communion at this time, offer to spend some time in prayer together.
- Invite the person to pray for the needs of our parish community – share the bulletin and other parish prayer intentions.

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Ministry of Prayer

- The sick person should be encouraged to pray when they are alone or with their families, friends, or those who care for them.
- Involve the sick person in choosing the scripture readings for your celebration if you are not reading the readings of the day.
- Keep in mind the condition of the person when choosing which prayers to pray.

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Sacraments



Eucharist /
Viaticum

Reconciliation

Anointing of
the Sick

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Extraordinary Ministers of Holy Communion to the Sick and Homebound

- Requires special training, appointment, and commissioning
- EMHC represents the parish community
- It is a ministry of presence, Christ's and yours
- Homebound, Care Facilities, and Hospital

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Visiting the Sick and Homebound

- Sent forth from the Eucharistic Community to bring the Eucharist to the sick and homebound
- Go directly to the sick or homebound
- If you cannot go directly from Mass, make special arrangements with the parish to obtain the Eucharist

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“For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and after he had given thanks, broke it and said, “This is my body that is for you. Do this in remembrance of me.”

1 Corinthians 11:23-25

20

Obtaining the Eucharist

- Present yourself to the priest, deacon or sacristan before Mass.
- Sign-in and list to whom / to where you are visiting.
- Place your pyx on the tray. Let the priest, deacon, or sacristan know how many hosts you will need.

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Sending Forth from Mass

- You will be invited to come forward after the Prayer After Communion to receive your pyx.
- Place the pyx in a burse or in a pocket.
- Return to your seat for the Final Blessing and then immediately depart for your visit(s).

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Supplies

- Pyx
- Corporal/White Cloth
- Purificator
- Candle
- Communion of the Sick Rite / Book
- Bulletin
- Notebook & Pen – note your visit
- Hand Sanitizer
- Mask

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Care for the Eucharist

- Carry the Eucharist in a pyx.
- Place the pyx in a burse or carry in your pocket. It should remain on your person.
- Have respect and reverence for the presence of Christ in the Eucharist.
- Go directly from Mass to the pastoral visit.

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Care for the Eucharist

- It is never permissible to keep the Host at home.
- The pyx should be kept in a safe and respectful place when not in use.

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Private Homes

Before Your Visit

- Make an appointment.
- Call to confirm visit.
- Check if caregivers also wish to receive Holy Communion.
- Spend some time in personal prayer.
- Wear appropriate attire for the ministry.
- If you are not feeling well, DO NO VISIT.

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Rite of Communion of the Sick in Ordinary Circumstances

- The sick, homebound, and their caregivers are not required to adhere to the one hour Eucharistic Fast.
- If unable to swallow a whole host, give a small portion and offer a glass of water.
- Remaining portion of the host should be either distributed to another communicant or consumed by the minister.

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Rite of Communion of the Sick in Ordinary Circumstances

- If the host is dropped, and if there are no health concerns, the host may be picked up and consumed.
- If the dropped host presents health concerns or the person removes the host from his/her mouth, it should be dissolved in water and the water should be poured into the church sacarium or into the ground.

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Practical Considerations

- Be friendly and personable. Take the proper time for introduction and personal sharing.
- EMHC brings the comfort and concern of Christ. Don't rush – spend time with the person, if you cannot, go at another time so that you can truly be present with the person.

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Practical Considerations

- Connection to the parish community – news & events. Let them know about our live stream Sunday 7 & 9 AM Masses and our 9 AM Monday Mornings with Fr. John updates on our website.
- Phone call in between visits to check in and to confirm next visit.

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Practical Considerations

- Ask if the person would like to be included on the Parish Prayer List.
- Ask if the person would like to receive Reconciliation and/or the Anointing of the Sick and let the parish know.

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Support Services

- Active listening - listen for needs, verbal and non-verbal.
- Make referrals if services are needed.
- Do not try to solve problems.
- Keep confidences at all times.

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Support Services

- Catholic Charities
 - SEARCH
 - Independent Support Services
- Spectrum Generations
- Food Pantries/Winthrop Hot Meals Kitchen
- Parish Garden

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Care Facilities

- Follow the rules and procedures for facility volunteers.
- Check in with the Activities Coordinator or other supervisor.
- Ask for a list of Catholic residents to visit or to invite to a prayer service.

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Care Facilities in Our Parish

- Inn at City Hall
- Augusta Center for Health and Rehabilitation
- Maine General Rehab and Long-Term Care, Glenridge
- Maine General Rehab and Long-Term Care, Graybirch
- Capitol City Manor
- Maine Veterans Home
- Country Manor
- Captain Lewis Residence
- Halldale Manor
- Granite Hill Estates
- Hillside Terrace, Assisted Senior Living
- The Woodlands
- Balsam House, LLC
- Heritage Manor Rehabilitation

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Rite of Communion of the Sick in a Hospital or Institution

- Communal Service
- Individual Visits with Shorter Rite
- Combination (if have ability to broadcast the Communal Service)

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Maine General Hospital

- Spiritual Care Department
 - Who we visit
- Lay Catholic Chaplain
 - Peter Czerwinski
 - peter.czerwinski@portlanddiocese.org
- Priest On Call
- Volunteer Extraordinary Ministers of Holy Communion

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Visitation Minister Role Description



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Objective

- To serve as a vital pastoral connection between the parish community and the sick and homebound.

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Duties & Responsibilities

- Completes initial training and takes part in on-going formation.
- Completes Diocesan Safe Environment requirements and ongoing training.
- Regularly visits the sick and homebound.
- Offers the Eucharist and prayer.
- Creates a sense of presence through listening and drawing out the story of the person
- Sets limits and avoids problem solving.

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Duties & Responsibilities

- Observes physical surroundings and the emotional and spiritual needs of the person.
- Follows established procedure for reporting concerns.
- Keeps necessary visitation records.
- Attends regularly scheduled meetings.
- Honors and maintains confidentiality in all matters.

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Qualifications

- Person of faith and spirituality.
- Empathetic.
- Compassionate.
- Accepting of people as they are.
- Dependable, responsible, and accountable.
- Emotionally stable.
- Comfortable with the sick, elderly, and disabled.
- Is a trained and commissioned Extraordinary Minister (if bringing Holy Communion to the person).

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Commitment

- Regular visits to the person or care facility.
- EMHC are commissioned by the Bishop for a three-year term, if they remain in compliance with the Diocesan Safe Environment Policies.

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Diocesan Requirements of Extraordinary Ministers of Holy Communion to the Sick and Homebound

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St. Michael Parish Lay Ministry Formation and Diocese of Portland Safe Environment Requirements	LECTORS, ART & ENVIRONMENT DECORATORS, MINISTERS OF HOSPITALITY (USHERS, GREETERS & COLLECTORS)	MUSIC MINISTERS (IF MINORS ARE IN THE MUSIC MINISTRY, ADULTS NEED TO DO EVERYTHING IN PARENTHESIS)	ADULT SMALL GROUP, BIBLE STUDY, AND R.C.I.A. LEADERS	EXTRAORDINARY MINISTERS OF HOLY COMMUNION IN CHURCH ONLY	EXTRAORDINARY MINISTERS OF HOLY COMMUNION WHO VISIT THE SICK & HOMEBOUND	ALL WHO WORK WITH CHILDREN & YOUTH: SACRISTANS, ALTAR SERVER COORDINATORS, YOUTH MINISTERS, SCOUT LEADERS, CATECHISTS, VIS VOLUNTEERS, CHILDREN'S LITURGY OF THE WORD LEADERS
Lay Ministry Formation (Theology & Spirituality)	✓	✓	✓	✓	✓	✓
Preparatory & Ongoing Ministry Training	✓	✓	✓	✓	✓	✓
Volunteer Application		(✓)		✓	✓	✓
Diocese of Portland Background Check Form		(✓)		✓	✓	✓
Department of Health & Human Services Form (every 5 years)		(✓)		✓	✓	✓
Protecting God's Children Class & Annual Refresher in Virtus		(✓)			✓	✓
Monthly Training Bulletins in Virtus		(✓)			✓	✓
Commissioning (Every 3 Years)				✓	✓	

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“As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit, we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit. Now the body is not a single part, but many.”

1 Corinthians 12:12-14

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Closing Prayer

I remember with gratitude that I have been entrusted with the ministry of taking Holy Communion to the sick and homebound.

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Closing Prayer

I have accepted this responsibility of being an example of Christian living in faith and reaffirm my desire to strive for greater holiness through this sacrament of unity and love.

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Closing Prayer

I remember that, though many,
we are one body because we
share the One Bread and One
Cup of Christ.

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Closing Prayer

I resolve as an Extraordinary
Minister of Holy Communion to
the Sick and Homebound to serve
my brothers and sisters with the
utmost care and reverence.

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Closing Prayer

I ask God to bless me
in this ministry of care,
that strengthened by God's grace,
I may continue to be of service to
those in need.
Amen.

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