

Discernment for Extraordinary Ministers of Holy Communion (EMHCs)

Jesus said, "I am the living bread that came down from heaven; if anyone eats of this bread he will live forever; ...He who eats my flesh and drinks my blood has eternal life and abides in me and I in him." (*John 6: 51, 54, 56*)

"The Eucharist is the heart and the summit of the Church's life, for in it Christ associates his church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church." (*Catechism of the Catholic Church, #1407*)

Please read the following statements, pray about them, and initial each. This should be done by hand.

___ I believe the Church's whole liturgy finds its center and most intense expression in the celebration in the Sacrament of the Eucharist.

___ I believe that in the most Blessed Sacrament of the Eucharist, "*The body and blood, together with the soul and divinity, of our Lord, Jesus Christ, and there, the whole Christ is truly, really and substantially contained.*" (*Council of Trent, Canon I (1551)*)

___ I believe that by the Sacrament of the Eucharist we unite ourselves to Christ, who makes us sharers in His Body and Blood to form a single Body, of which Christ is the Head.

___ I believe that the Eucharist, and the ministry of the Extraordinary Minister of Holy Communion, must be held in respect and promise by word and action to uphold that respect.

___ I commit to preparing myself spiritually before serving as an Extraordinary Minister of Holy Communion.

___ I understand that by serving as an Extraordinary Minister of Holy Communion, I bring Christ to the assembly.

___ I have been Baptized and Confirmed [within the Roman Catholic Church].

___ If married, my marriage is recognized by the Church.

___ I attend Mass weekly and on Holy Days of Obligation.

___ I receive the Sacraments of Reconciliation and Communion regularly.

___ I can commit to time in Adoration of the Blessed Sacrament at least once each month.

___ I am a registered member of my parish church.

___ I will make every effort to serve when I am scheduled.

___ I will find a substitute, or alert the head of this ministry, when I am unable to serve.

___ I will arrive at least 15 minutes before my scheduled Mass to check-in and place myself in the presence of Christ.

___ I will attend all formation/training sessions, as required.

EMHC Mandation Signature Page (effective from June 22, 2025 to June 18, 2028)

**This form, along with the Discernment page,
is to be signed, sealed, and returned to the Office of the Chancellor.**

____ I have viewed the training video.

____ I have read the materials provided regarding ministry as an EMHC.

____ I promise to follow the video and written instructions for the ministry of EMHC.

____ I believe and profess all that the Holy Catholic Church teaches, believes, and proclaims to be revealed by God.

Legibly Printed name of EMHC

Signature of EMHC

I attest that this EMHC has viewed the diocesan training video, read the required documents and been instructed in this ministry regarding the particulars of this parish church.

Signature of Person Conducting the Training
(leave blank if Pastor)

Signature of Pastor

Date

Parish Name