

**SOME SPECIFIC POINTS OF CATECHESIS
FOR EXTRAORDINARY MINISTERS OF HOLY COMMUNION
DIOCESE OF COLORADO SPRINGS**

Extraordinary Ministers of Holy Communion (EMHC) perform a very important ministry in the Church. Because of this, EMHC should express in their lives a sincere striving after the truth and holiness that characterizes the Church of God. EMHC must be persons of good moral character with a full and joyful commitment to the teachings and disciplines that the Church presents for our assent of faith. In a very special way EMHC must hold to the truth of the real and substantial presence of Christ in the Sacrament of the Holy Eucharist. At the very least, EMHC must never deny or speak against any teaching of the Catholic Church.

As an Extraordinary Minister of Holy Communion, it is important to always be learning about our Catholic faith. In particular, the following documents are important for you to read and understand to better carry out your ministry:

The General Instruction of the Roman Missal.

<https://www.usccb.org/prayer-and-worship/the-mass/general-instruction-of-the-roman-missal>

Redemptionis Sacramentum.

www.vatican.va/roman_curia/congregations/ccdds/documents/rc_con_ccdds_doc_20040423_redemptionis-sacramentum_en.html

Norms for the Distribution and Reception of Holy Communion under Both Kinds in the Diocese of the United States.

<https://www.usccb.org/prayer-and-worship/the-mass/norms-for-holy-communion-under-both-kinds>

On Certain Questions Regarding the Collaboration of the Non-Ordained Faithful in the Sacred Ministry of Priest, Article 8.

www.vatican.va/roman_curia/pontifical_councils/laity/documents/rc_con_interdic_doc_15081997_en.html

The Catechism of the Catholic Church (Section 2, Article 3, paragraphs 1322 through 1419)

www.vatican.va/archive/ENG0015/INDEX.HTM

We encourage you to read and pray with these documents either individually or as a group in your parish.

April 2025

**Some Particulars Regarding
the Exercise of Extraordinary Minister of Holy Communion at Mass**

1. Holy Communion may not be given to a person who is not a baptized member of the Catholic Church (with the exceptions noted in canon 844). If a non-Catholic presents him/herself for Holy Communion, the Pastor should kindly inform the person, outside of Mass, of the teaching and discipline of the Church regarding reception by non-Catholics.
2. We recommend that at funerals, weddings, Christmas and Easter Masses – times when many non-Catholics may be at Mass – an announcement is made to the effect that only Catholics in the state of grace may receive Holy Communion.
3. Extraordinary Ministers of Holy Communion approach the altar to receive Holy Communion *after* the celebrant has received.
4. If a seemingly non-Catholic person approaches the altar for Holy Communion, the minister should very discreetly inquire if the person is Catholic. If not, invite them to a spiritual communion with the words: “Receive the Lord Jesus in your heart.”
5. A communicant may not intinct (dip) his/her own Host into the chalice. This constitutes self-communication, and the minister should reasonably impede any attempt at self-intinction.
6. Holy Communion should not be given to anyone in a canonically irregular marital union. Only the Pastor should direct these Catholics (outside of Mass) in a kind manner not to approach the altar for Holy Communion until the irregularity has been rectified.
7. All ministers (clergy and lay) should be vigilant to ensure that the Host is consumed before the recipient walks away. If the person walks away without having consumed the Host, follow them and ask them to either consume the Host or return it.
8. No recipient is to be given more than one Host at Mass. The ushers are trained to ask that Communion be brought to those unable to come forward. This should be done after all others have received. Hosts for the homebound should never be distributed in the Communion line.
9. Any Precious Blood remaining after the distribution of Holy Communion must be consumed by the priest, deacon, and/or the EMHC immediately following the distribution of Holy Communion in the sanctuary (altar area).
10. Only a priest, deacon or installed acolyte may purify the vessels after Holy Communion. Water is poured into the ciboria and chalices. The water is then consumed, and the vessels are wiped dry with a purificator. If this cannot be done in a timely manner, the vessels are placed on the credence table, covered with a purificator and purified IMMEDIATELY after the Mass. The purificator should never be pushed into the chalice, thereby soaking up whatever drops of the Precious Blood might remain.
11. Access to the tabernacle should be extremely limited. The Pastor has a serious obligation to safeguard the Blessed Sacrament and to maintain custody of the tabernacle key.