

Preparation

In preparing yourself for service as a Minister of Holy Communion

- Look at the readings and prayers of the Mass and use them for your prayer.
- Reflect on how they speak of the love of God for all, and the quality of life that they call us to make our own
- Reflect on the people you will be ministering to, those at church, and the sick and housebound. Recall how, with you, they are members of the Body of Christ.
- Pray for them, for yourself, and the other parish ministers — that together you will find deeper communion with Christ and each other through this celebration of Mass.
- Ensure that you will be at church in good time to carry out any necessary preparations before Mass begins.

Christ is present in his Church as it performs works of mercy, not only because we do to Christ whatever good we do to one of the least of his brothers and sisters but also because it is Christ, performing these works through the Church, who continually assists by his divine charity.

Paul VI *Mysterium Fidei* 35

Lord Jesus Christ, we worship you living among us in the sacrament of your body and blood.

May we offer to our Father in heaven a solemn pledge of undivided love. May we offer to our brothers and sisters a life poured out in loving service of that kingdom where you live with the Father and Holy Spirit, one God, forever and ever.

Collect for Solemnity of the Body and Blood of Christ

If you would like to find out more about this ministry, or would like to give your time to assist in this ministry, please feel free to contact any of the Extraordinary Ministers, or Fr. Robert at:

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Ministers of Holy Communion at Mass



As we receive from this altar the sacred Body and Blood of your Son, let us be filled with every grace and blessing.

Eucharistic Prayer I

The Eucharist is the vital centre of all that the Church is and does. At its heart is the real presence of the crucified, risen and glorified Lord, who continues his saving work among us. The Second Vatican Council reminded us: 'the most holy Eucharist holds within itself the whole spiritual treasure of the Church, namely Christ himself, our Passover and our living bread'. (cf. One Bread One Body 3)

All who exercise a liturgical ministry need a proper preparation for their responsibilities. They are to have the competence to perform the particular ministry with which they have been entrusted. (cf. Celebrating the Mass 29)

This leaflet is one of a series of leaflets prepared for liturgical ministers to help them refresh their understanding of their role at Mass.

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WHAT THE CHURCH SAYS ABOUT ...

The ministry of Holy Communion

"Since the Eucharistic Celebration is the Paschal Banquet, it is desirable that the faithful who are properly disposed receive the Lord's Body and Blood as spiritual food as he commanded."

Bishops, priests and deacons are the ordinary ministers of Communion. If a large number are to receive Communion, the ordinary ministers will frequently need assistance in distributing Communion, so that the Communion rite is not unduly long. It will regularly be needed when Communion is given under both kinds, the form of Communion in which the Eucharistic banquet is more clearly signified. This assistance is given by extraordinary ministers, be these instituted acolytes or commissioned ministers of Communion, formally commissioned for a given period or, in case of necessity, deputed by the priest celebrant for a particular occasion.

These various ministers serve Christ present in the assembly by ministering his Body and Blood to their brothers and sisters. They also serve the unity of

the worshipping community by taking Communion to those members who are prevented by sickness, old age, or other cause from taking part in the gathering for Mass. In accord with an ancient tradition, it is appropriate for Communion to be taken directly from the Sunday Eucharist to the sick and to those unable to leave their homes.