

## Number of Distributors for Masses

4:00pm Mass—4 Bodies

9:00am Mass—4 Bodies and 4 Blood

11:30am Mass—4 Bodies and 4 Blood

## Finding a Substitute:

If you are unable to distribute at the Mass for which you are scheduled, it is your responsibility to find a substitute. We will provide you with a list of distributors and their contact information. Frequent absences and/or failure to secure a replacement will be grounds for removal from this ministry.

## Schedules:

Please check in advance so you know your schedule. Schedules are available on the parish website, [www.saintannparish.org](http://www.saintannparish.org) and hard copies are available on the sign-in table in the Gathering Space.

- Worship Tab
- Liturgical Ministers

## Helpful Practices:

One who distributes must have a deep love, respect, and devotion to our Eucharistic Lord, and thus should strive to deepen their understanding of the teachings of the Church, practice works of charity, and have a rich prayer life.

- ◆ Faithfully participate in the Sunday Eucharist, every Sunday as well as Holy Days of Obligation.
- ◆ Make a regular confession (at least quarterly).
- ◆ Spend time in Exposition or Adoration at least once a month, so to deepen one's spiritual devotion to the Eucharist.
- ◆ Study and deepen one's understanding of the teachings of the Faith. Many classes are offered at St. Ann for intellectual and spiritual growth; each person should make it a priority to learn more about the teachings of Christ and His Church.



## St Ann Catholic Church

### Guidelines for Distributors of Holy Communion

**The invitation to serve as an Extraordinary Minister of Holy Communion is a service of the greatest importance, and thus entails the greatest responsibilities. It is not a right; rather, a rare privilege that requires great reverence and humility. Because it is an “extra-ordinary” role, it is not meant to be automatic, and must always show deference to an ordinary minister.**

## DISTRIBUTION OF HOLY COMMUNION

The Congregation for the Sacraments and Divine Worship gives clear norms for the involvement of Extraordinary Ministers of Holy Communion. The ordinary ministers of Holy Communion are (in order) the bishop, priest, deacon, and acolyte. In the absence of these specific ministers, and if the local ordinary gives permission, it would then be permissible that certain lay people, those who have been trained and approved, may distribute Holy Communion. However, if there is no need at a particular Mass for additional distributors, or if an ordinary minister or ministers are present, they are mandated by their office to distribute Holy Communion and would supersede a lay distributor, even if the person(s) were scheduled to distribute.

## Who can serve in this ministry?

An active parishioner 21 years or older, who is faithfully practicing his/her Catholic faith. One who is in good standing in accordance with the norms and teachings of the Catholic Church and, if married, has been married in the Catholic Church.

**One must always remember this ministry is a privilege and not a right or obligation. If not taken seriously, the person will be removed.**

### Appropriate Attire for Mass as an Extraordinary Minister:

Distributors are to set the example of reverence for the True Presence by their actions and attire. You are to dress your best! If you are not properly dressed, you will not distribute.

☐ Men: **Slacks, dress shirt and tie.** A coat is preferable, especially in colder months. Again, a tie. Absolutely no jeans, shorts or t-shirts.

☐ Women: Dresses, pant suits or skirts (appropriate length). Absolutely no shorts, plunging necklines, or halter tops/spaghetti straps without a jacket or sweater.

### Approaching the Altar to Distribute Holy Communion:

“After the Priest has consumed the Precious Blood, the extraordinary ministers of Holy Communion may approach the sanctuary “ (GIRM 162).

- ◆ All approach the sanctuary steps and wait until all distributors are present, then bow together and enter the sanctuary.
- ◆ Go to the side from which you will be distributing.
- ◆ Stand on the side of altar— just behind the rug
  - 4 on Holy Family side
  - 3 on Our Lady Guadalupe side
- ◆ When receiving— Tongue (preferred) or two hands as a “throne” - make sure no particles are left in your hand!
- ◆ Those who will distribute the Body should take a step back after receiving, so the Priest knows who is distributing the Precious Blood.
- ◆ The person who is distributing at station B-2 should be the first to come forward to receive ciborium.
- ◆ After receiving vessel, go immediately to your stations; no need to wait for the Priest to start moving.
- ◆ **Note:** The EMsHC must receive the sacred vessels from the Priest’s hands and is never permitted to take a vessel directly from the altar.

### Things to be aware of when distributing:

- Those distributing the Precious Blood should cover the chalice with a purificator to ensure that the Precious Blood doesn’t spill while walking. If Precious Blood does spill, cover the spot with purificator and step in front of the spot to ensure that no one walks over the area. Take the chalice back to altar.
- If Host drops on ground, pick Him up and give Him to the next receiver; He is our Lord, not a potato chip! (no self-communions) Make sure no fragments are on the floor; if there are, do your best to pick them up and then tell the Priest.
- Those distributing the Body at stations 3 and 4 are the only ones to distribute to those unable to come forward. The ushers should lead you to those who need Communion. If there is time and a need, you can then assist stations 1 and 2.
- Those who are distributing the Precious Blood should refrain from leaving their position to distribute to those who are unable to come forward. This is to reduce the chances of spilling the Precious Blood. First row is acceptable.

### Returning vessel to altar:

- ◆ The Precious Blood vessels should be placed together on the altar on the side where they were received. Place the purificators together on top of each other at the front corner of the altar.
- ◆ Those distributing the Body should hand the ciborium to Priest/ Deacon when present. If not present, place ciborium on altar.
- ◆ Before returning to their seats, those who distributed the Body of Christ are to purify their fingers in the ablution cup, which is located next to the tabernacle.
- ◆ After leaving the sanctuary, please bow before returning to your seat.