

# Ten Guidelines for the Extraordinary Ministers of the Holy Communion

Holy Cross Church, Catford  
01 October 2024



1. **One Person, One Mission:** Kindly do not take up any other ministry on the day you are serving as an Extraordinary Minister of Holy Communion. Consult with the Parish Priest to find and train others for different roles. This approach helps the community flourish and allows you to prepare spiritually to enter the sanctuary with holiness.
2. **Prompt Movement:** Start moving towards the sanctuary immediately after the sign of the Cross.
3. **Reverent Entry:** Together, make a profound bow toward the altar and gently enter the sanctuary.
4. **Sanitization:** Sanitize your hands before making a line. This practice ensures hygiene and respect for the sacrament, especially important in maintaining the health and safety of the congregation.
5. **Receiving the Sacred Vessels:** After receiving the Ciborium or chalice, move towards your designated places following the priest. This orderly movement helps maintain the solemnity of the service.
6. **Distribution Regulations:** Follow the specific regulations on how to distribute the Holy Eucharist as outlined in the book '**Take and Eat**'.
7. **Completion of Distribution:** Do not return to the altar until all have received the Body of Christ.
8. **Placement of the Ciborium:** Place the Ciborium on the Corporal.
9. **Reverence During Reposition:** Stand with reverence facing the Tabernacle as the priest reposes the Host. Then, gently proceed back to your places after a profound bow towards the Altar together.
10. **Silent Prayer:** Upon returning to your place, spend some time in silent prayer. This personal reflection allows you to give thanks and spiritually connect with the sacrament you have just received and administered.

Chalice, Ciborium, Corporal, Paten, Purificator, lavabo bowl, lavabo towel, Sanctuary, Tabernacle, Altar, Pyx