



OUTLINE OF TRAINING FOR EXTRAORDINARY MINISTERS OF COMMUNION AT MASS

Training would be in two sessions for 2 hours each (e.g., Evenings, 7 – 9 p.m.) OR training could be done in one session for 4 hours (e.g., Saturday morning, 9 a.m. – 1 p.m.).

Two main parts to the training would be:

- Theology of Ministry and the Mass—Theology of the Eucharist
- Particular skills for the Extraordinary Minister

1. Baptism—the foundation for all ministry

- Duties of Baptized
- Baptism as membership in the Liturgical Assembly

2. Role of Extraordinary Ministers

- Overview and history
- Vatican II

3. The Mass

- Very Center of our Christian Lives
- The four main parts of the Mass
 - Introductory Rites
 - Liturgy of the Word (specifically its relationship to Liturgy of the Eucharist)
 - Liturgy of the Eucharist
 - Concluding Rites

4. Dynamics of Eucharist

- Meal
- Sacrifice/Offering
- Real Presence
- Communion
- Memorial

5. Serving at Mass

- Preparation
 - Prayer

- Schedule
- Appearance
- The Communion Rite
 - Approaching the Altar
 - Receiving Communion
 - Receiving the Vessel
 - Going to your Station
 - Distribution
 - What do say (and what not to say)
 - How to distribute (in the hand/on the tongue)
 - The Chalice
 - Special Needs
 - Returning the Vessels
- The Unexpected
 - When the Body of Christ is dropped
 - When the Precious Blood is spilled
 - Intinction
 - Who can or cannot receive



Guide for Extraordinary Ministers of Holy Communion, Third Edition, English and Spanish, Liturgy Training Publications, Chicago