

Extraordinary Minister of Holy Communion  
Liturgical Instructions  
Church of Saint Olaf – Elbow Lake, MN

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**BEFORE MASS:**

- Check in with the presiding priest
- Chose a seat that allows easy access to an aisle

**DURING MASS:**

- When standing for the Lord’s Prayer (“Our Father . . .”), remind yourself that it is almost time to move to the Sanctuary
- During the Sign of Peace, briefly offer the peace of Christ to those near you and then begin to move to the Sanctuary when “Lamb of God” begins
- Bow to the Altar before stepping into the Sanctuary
- Join the other EMHCs on the LEFT side of the Altar
  - The EMHC closest to the congregation will be distributing the Precious Body of Christ
  - The two EMHCs closer to the north wall will distribute the Precious Blood of Christ
- Remain standing following the conclusion of “Lamb of God”
- Once the priest has consumed the Precious Blood of Christ, carefully ascent the steps of the Altar and receive the Body and Blood of Christ
  - The priest will distribute the Body of Christ to all EMHCs
  - The priest will give Chalice to the two EMHCs that are to distribute the Precious Blood of Christ
  - The EMHC who is in the middle will distribute the Precious Blood of Christ to the EMHC who will distribute the Precious Body of Christ to the members of the congregation
- Remain in place at the Altar while the priest distributes the Precious Body of Christ to the Altar servers
- The EMHC in the middle will offer the Precious Blood to the Altar servers
- After distributing the Eucharist, return to the step of the Altar
  - When the priest returns to the Altar, ascend the steps and give the priest the vessel (whether a chalice or ciboria)
  - Carefully descend the steps of the Sanctuary and bow to the Altar before returning to your seat

