

## Extraordinary Ministers of Holy Communion

We are grateful for the dedication and service of our Extraordinary Ministers of Holy Communion, who play a vital role in distributing the Eucharist during our liturgical celebrations. To ensure we can coordinate effectively, please contact us in advance if you are interested in serving as an Extraordinary Minister. You can reach us by:

- **Email:** [catford@rcaos.org.uk](mailto:catford@rcaos.org.uk)
- **Phone:** 02086983672

### Catholic Teachings and Practices for Extraordinary Ministers of Holy Communion:

1. **Reverence and Preparation:** Extraordinary Ministers are expected to serve with deep reverence and proper preparation. This includes being in a state of grace and having received the Sacraments of Baptism, Confirmation, and Holy Eucharist.
2. **Training and Formation:** Proper training and formation are essential. This includes understanding the theological significance of the Eucharist, the procedures for distributing Holy Communion, and the pastoral care involved.
3. **Spiritual Commitment:** Extraordinary Ministers are encouraged to engage in regular spiritual practices, such as prayer, reflection, and participation in the sacraments, to deepen their connection with their ministry.
4. **Liturgical Role:** During Mass, Extraordinary Ministers assist the priest in distributing Holy Communion to the faithful. This role is especially important when there are large numbers of communicants or when ordinary ministers (bishops, priests, deacons) are not available.

Our team is dedicated to supporting our Extraordinary Ministers of Holy Communion in their ministry. We appreciate your cooperation and understanding in helping us coordinate these efforts effectively.