

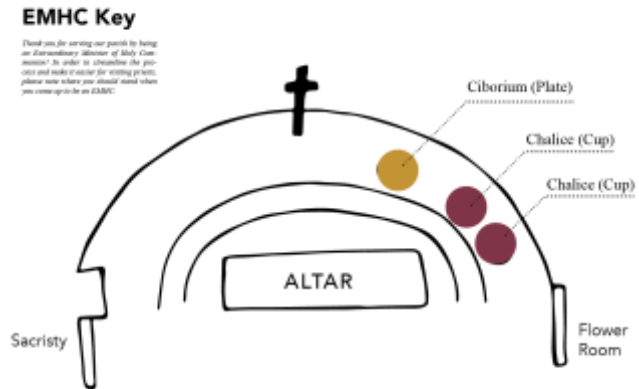
## Extraordinary Ministers of Holy Communion Formation

*"Every holy Mass, heard with devotion, produces in our souls marvelous effects, abundant spiritual and material graces which we, ourselves, do not know. It is easier for the earth to exist without the sun than without the holy Sacrifice of the Mass."*

- Padre Pio

### Requirements

- ❖ Every 3 years you must be re-commissioned (name submitted and installed)
- ❖ Annual meeting/Day of Recollection
- ❖ Dress Code:
  - Men – Slacks and collared shirt, if not shirt and tie.
  - Women – Dress/skirt (below the knees), slacks and shirt that is modest.
- ❖ Adoration/prayer – 15-30 minutes of time before the Eucharist (strongly recommended)
- ❖ Frequent confession – most saints recommend every 3 months – you are models for our parish (great program on Formed.org – Forgiven).
- ❖ Installation – to be determined once approval is granted (October or November).



### Prayer and Ongoing Formation opportunities:

- ❖ Adult Education – Wednesday 7-8pm in school cafeteria starting September 27<sup>th</sup>
- ❖ Formed.org – Parish Code: V3CZ6Q – Symbolon: Living the Faith Session 2 – The Eucharist, Talks: The Lambs Supper, The Fourth Cup, The Body and Blood of Christ,
- ❖ Catechism of the Catholic Church paragraphs – 1322 – 1419
- ❖ John 6 (*Lectio Divina* – There are multiple programs on Formed.org which teach and expound this type of prayer.)
- ❖ Adoration: Tuesday 6-7pm, Friday 9-2pm and 1<sup>st</sup> Saturday 8:00-Noon.
- ❖ Daily Mass and Frequent Confession

**CCC 1375** It is by the conversion of the bread and wine into Christ's body and blood that Christ becomes present in this sacrament. The Church Fathers strongly affirmed the faith of the Church in the efficacy of the Word of Christ and of the action of the Holy Spirit to bring about this conversion. Thus St. John Chrysostom declares:

*It is not man that causes the things offered to become the Body and Blood of Christ, but he who was crucified for us, Christ himself. The priest, in the role of Christ, pronounces these words, but their power and grace are God's. This is my body, he says. This word transforms the things offered*

**CCC 1377** The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsist. Christ is present whole and entire in each of the species and whole and entire in each of their parts, in such a way that the breaking of the bread does not divide Christ.

*"The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease." – JPII*

**NFDHC 15.** The communicant makes this act of faith in the total presence of the Lord Jesus Christ whether in Communion under one form or in Communion under both kinds. It should never be construed, therefore, that Communion under the form of bread alone or Communion under the form of wine alone is somehow an incomplete act or that Christ is not fully present to the communicant. The Church's unchanging teaching from the time of the Fathers through the ages—notably in the ecumenical councils of Lateran IV, Constance, Florence, Trent, and Vatican II—has witnessed to a constant unity of faith in the presence of Christ in both elements... Thus, the Church has always taught the doctrine of concomitance, by which we know that under each species alone, the whole Christ is sacramentally present and we "receive all the fruit of Eucharistic grace."

**GIRM "Communion Rite"** - Those who receive Holy Communion should be prepared to receive so great a gift. They should fast (except for medicines) for at least one hour before receiving the Eucharist and should not be conscious of having committed serious sin.