



**Diocese of Salt Lake City
Office of Worship**

Extraordinary Minister of Holy Communion at Mass

The Extraordinary Ministers of Holy Communion are those who proclaim by their lives their belief that they are the Body of Christ. Their lives are faith made visible and Church identity practiced.

Selection of Extraordinary Communion Ministers: Those selected must be fully initiated Catholics who, if married, are in a proper canonical marriage. They should be men and women who represent a cross-section of age and ethnic differences and are recognized for lives of mature faith, personal stability, devotion, and moral integrity. They should exhibit evidence of both love and respect for the Holy Eucharist and a desire to serve Christ in ministry to others. It is important that they be willing to give the time needed to prepare for and exercise their ministry. (*Pastoral Directives, Diocese of Salt Lake City*)

In the Diocese of Salt Lake City, those who are called to this ministry must complete Level I training. Once training is completed, the minister is commissioned by the pastor (for a certain period of time) during a Sunday liturgy.

All candidates are to have initial training in:

- a) The theology and spirituality of the Eucharist as well as background regarding Communion ministry.
- b) The rituals and norms for Extraordinary Ministers of Communion and the pastoral and practical skills required by the ministry.

Each parish is to provide appropriate training for Level I. In meeting this this requirement, each pastor/director of sacramental ministry is encouraged to take advantage of the workshops and resources made available through the Office of Worship.