

## Communion Assistant Guidelines

Thank you for volunteering to minister to our congregation as communion assistant. Your task:

### **Spiritual:**

**To minister to communicants as the physical presence through which Christ comes to each person.**

### **Practical:**

**To assist the presiding minister in distributing the elements when the sacrament of Holy Communion is observed in our worship services.**

### **Guidelines:**

- Check in with the Deacon.
- Move to the altar as the ushers are bringing up the offering so you are up there before the prayer. (Watch for the deacon. If there is music proceed when they are done.)
- Use the hand sanitizer located in the pulpit and stand to the side of the altar.
- After the Lord's Prayer, the Pastor and Deacon will commune you and then give you the elements to distribute.
- Traditional communion Second and Fourth Sunday. Intinction Sundays 1, 3 and 5.
- When distributing the elements look at each person directly, pleasantly. (You may call each one by name if comfortable doing it.)
- If you are distributing the bread/wafers, please say: **“the body of Christ given for you.”**
- If you are distributing the wine, please say **“the blood of Christ shed for you.”**
- Assist people who are shaky by taking the cup of wine out of the rack for them.
- If children accompany their parents and not taking communion is it proper for you to either touch them on the head or make the sign of the cross on their forehead and say:
  - God will keep you in the promise of your baptism
  - The Lord Bless You
  - God loves you
- Which ever team has finished distributing communion should check to see if there are people who need communion brought to them. (Ushers usually let you know.)
- Depending on how quickly the teams get back to the altar will determine if the second team communes the pastor and deacon or they commune each other.
- Once all elements are back on the altar, return to your seat.