



Eucharist Policies at a Glance

General

As the source and summit of the Catholic faith, the Eucharist is held in the highest esteem. The faithful have a serious obligation to participate in the celebration of the Mass on all Sundays and Holy Days of Obligation.

Ordinarily the Eucharistic celebration takes place in a sacred place, unless a particular case necessity requires otherwise. To celebrate Mass in a private chapel, outdoors or in any public place, the permission of the Bishop is required.

First Eucharist

Candidates

Candidates for First Eucharist will have made sacramental confession before receiving this Sacrament.

Ordinarily candidates have participated in regular religious education or attended Catholic School for the year preceding enrollment. (i.e. first grade).

Candidates are to have the use of reason, which is canonically presumed at age seven.

Parents

Parents are to be included in instruction on the meaning and theology of the Most Holy Eucharist. They are the primary teachers for their children and need to be well formed.

Preparation

Preparation for First Communion is separate from First Penance, both of which is typically in grade two.

Immediate Preparation is separate from religious instruction (either in the parish or Catholic School).

Those prepared for First Communion are to have an understanding of the Eucharist according to their capacity. The immediate preparation should include:

- Familiarity with, and opportunities to participate in, the whole Eucharistic rite as the central act of worship.
- Instructions in the options permitted for the reverent reception of Communion.
- A deepening awareness of the activity of the triune God in their lives.
- The gifts of Jesus in his life, death, and resurrection.
- An understanding of the Church's faith in Christ's continued presence in the Eucharist, as well as in the Christian assembly and his Word.

Any fee for preparation should not exceed the cost of materials. No person can be denied the opportunity to prepare due to an inability to pay.

An interview to help determine readiness to prepare is desirable.

Celebration

It is recommended that the reception of First Eucharist take place within a family context within one of the Lord's Day celebrations of the Mass.

The parish should provide continued formation in the Eucharistic mystery, and opportunities for children and families to celebrate the Eucharist often together.

Reception of Holy Communion

A person who has already received the Most Holy Eucharist can receive it a second time on the same day only within the Eucharistic celebration in which the person participates.

A person who is to receive the Most Holy Eucharist is to abstain for at least one hour before Holy Communion from any food and drink, except for only water and medicine.

Extraordinary Ministers of Communion

The need for extraordinary ministers of Holy Communion should be presented to the Bishop through the Chancellor by the local priest/administrator or by the chaplain in an institution.

Extraordinary Ministers of Holy Communion must:

- Have completed their sixteenth year, be fully initiated, lead a life of faith in keeping with the function to be undertaken, and if married, be validly married within the Church and not bound by any canonical penalty.
- Sign a *Profession of Faith for an extraordinary minister of Holy Communion* renewing his/her belief in the real presence of Jesus Christ in the Most Holy Eucharist.
- Participate in formal training.
- Have a letter of authorization from the Bishop.

Training for the extraordinary ministers of Holy Communion consists of at least two sessions, consisting of spiritual, theological, and practical preparation.

Extraordinary ministers fill out and sign the Profession of Faith found in the Addendum of the Policies. These are submitted to the Chancellor's office and will be officially missioned by the bishop for two years (renewable by the pastor).