

# So, you want to be a Communion Assistant...

Here is what you will need to do while you assist with distribution of the sacrament.

- ✚ When distributing, the words to remember are:
  - The Body of Christ given for you.
  - The Blood of Christ shed for you.
- ✚ When carrying the paten or the chalice, one does not need to bow at the altar because you are holding God in your hands.
- ✚ When distributing the host...
  - If you drop a host, please set that aside and either consume it yourself or leave it for the pastors to consume. If wine is spilled, please use an extra napkin to wipe up the spill.
  - There is also a gluten free wafer if someone might need it.
  - If you are running low on host, you can break a host in half.
  - If you run out of the host, please let the pastors know so that they may bless more hosts for distribution. Never distribute hosts that are not blessed.
- ✚ If you are distributing the wine...
  - Never let the chalice run dry.
  - When filling the small glass, use your dominate hand to hold the chalice and your other hand to hold the plastic, small cup. Be sure to wrap a purificator/napkin around the lip of the chalice. Wine will not drip if you use the purificator.
  - Do not fill up the chalice to the brim. The best spot is to fill the chalice to the bottom of the lip.
  - Only fill up the chalice for what you need. You do not want to have a lot of wine left over because it has to be consumed.
  - Only fill up the small cups part of the way. People with shaky hands will thank you.
  - It is very easy to spill the wine so less is more!
  - There are cups of grape juice on the top tray of the empty cups. People will let you know when they want grape juice.

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