



Guidelines for Extraordinary Ministers of Holy Communion

Archdiocese of New York

Prepared by the
Office of Liturgy of the
Archdiocese of New York

The following guidelines outline the norms for Extraordinary Ministers of Holy Communion in the Archdiocese of New York. They are an updated version of the guidelines first issued in 1979 and, then, revised in 1990 and 1999. The current guidelines correspond to the most recent documents issued by the Holy See and the United States Conference of Catholic Bishops. As well, they take into account the pastoral experience of archdiocesan parishes over the past 35 years. These guidelines are intended primarily for pastors and those overseeing the distribution of Holy Communion in schools and healthcare facilities in the Archdiocese of New York.

Introduction

The proof of his boundless charity that Christ the Lord left to his Bride the Church, namely, the inexpressible and supreme gift of the Eucharist, requires us to deepen our appreciation of this great mystery and to share ever more fully in its saving power.... The new conditions of the present seem to demand that, without prejudice to the supreme reverence due to so great a sacrament, access to communion be made easier, so that by sharing more fully in the effects of the sacrifice of the Mass, the faithful may more willingly and intensely give themselves to God and to the good of the Church and of all humanity.

Immensae Caritatis, Introduction.



With these words, the Church opens her instruction permitting members of the faithful to assist with the distribution of Holy Communion. This permission extends from the Church's desire to make the Eucharist more readily available to all the faithful.

In March 1971, the National Conference of Catholic Bishops received permission from the Holy See to introduce the practice of lay ministers of Holy Communion in the United States. On March 11, 1973, Cardinal Terence Cooke inaugurated this practice at Saint Patrick's Cathedral, commissioning a group of men and women to assist with the distribution of Holy Communion at Mass in their parishes. Since then, the service of Extraordinary Ministers of Holy Communion in the archdiocese has been extended to include bringing Holy Communion to the sick in their homes, healthcare facilities, and other institutions.

Ordinary and Extraordinary Ministers of Holy Communion

Ordinary Ministers of Holy Communion are bishops, priests, and deacons. These persons distribute Holy Communion by virtue of their ordination. "It is first of all the office of the priest and the deacon to minister Holy Communion to the faithful who ask to receive it. It is most fitting, therefore, that they give a suitable part of their time to this ministry of their order, depending on the needs of the faithful" (*Holy Communion and Worship of the Eucharist Outside Mass*, 17).

Under certain circumstances, members of the faithful may be delegated to distribute Holy Communion by a bishop (or a priest, on a single occasion). These persons are known as *Extraordinary Ministers of Holy Communion*. Instituted acolytes (usually seminarians and candidates for the permanent diaconate) become Extraordinary Ministers through their institution. The role of an Extraordinary Minister of Holy Communion does not replace that of an Ordinary Minister, but supplements it on a provisional basis (*Redemptionis Sacramentum*, 151). When a sufficient number of Ordinary Ministers is present for the distribution of Holy Communion, Extraordinary Ministers of Holy Communion should not serve.

The term "Minister of the Eucharist" refers to those who consecrate the Sacrament of the Eucharist *in persona Christi* (*Redemptionis Sacramentum*, 154; *CIC*, 900). As such, it applies only to bishops and priests.



Pastoral Procedure

Determination of the need for Extraordinary Ministers of Holy Communion should be made by the pastor of a parish. In a school or healthcare facility, this decision is made by the Catholic chaplain, in consultation with the dean. Two areas of need should be considered:

- a. That of facilitating distribution of Holy Communion at Mass on Sundays and weekdays so that the Communion rite does not become unduly prolonged; and
- b. That of providing Holy Communion on a regular basis, especially from Sunday Mass, for the sick and those confined to their homes or institutions within the parish.

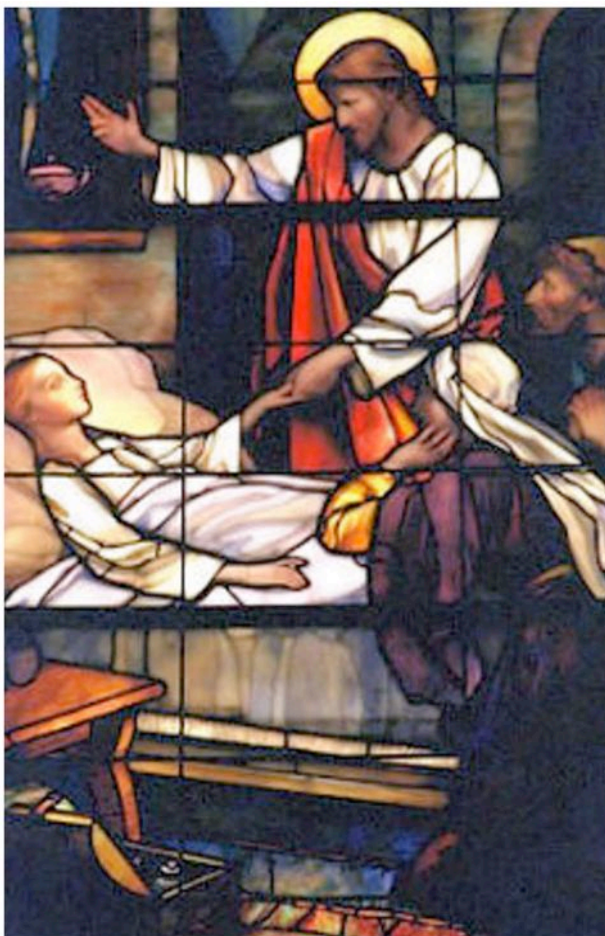


Need for Extraordinary Ministers of Holy Communion at Mass

The Instruction *Redemptionis Sacramentum* states that Extraordinary Ministers of Holy Communion may be used during Mass when a "priest and deacon are lacking, when the priest is prevented by weakness or advanced age or some other genuine reason, or when the

number of faithful coming to Communion is so great that the very celebration of Mass would be unduly prolonged" (158). In these cases, it is appropriate for Extraordinary Ministers of Holy Communion to serve. Extraordinary Ministers of Holy Communion should not serve when there will otherwise be only a brief prolongation of the Mass (*Redemptionis Sacramentum*, 158).

Extraordinary Ministers of Holy Communion may be asked to assist in the distribution of the Precious Blood. When this takes place, "their number should not be increased beyond what is required for the orderly and reverent distribution of the Body and Blood of the Lord" (*Norms for the Distribution and Reception of Holy Communion Under Both Kinds in the Dioceses of the United States of America*, 28). The bishops of the United States also note that, "in practice, the need to avoid obscuring the role of the priest and the deacon as the Ordinary Ministers of Holy Communion by an excessive use of Extraordinary Ministers might in some circumstances constitute a reason either for limiting the distribution of Holy Communion under both species or for using intinction instead of distributing the Precious Blood from the chalice" (*Norms*, 24).



Need for Extraordinary Ministers to Bring Holy Communion to the Sick at Home or in Healthcare Facilities

The *Pastoral Care of the Sick* directs pastors to provide for the frequent reception of Holy Communion by the sick and aged (72). These individuals have the right to periodic visits by priests, who, in addition to bringing Holy Communion, can offer the Sacraments of Penance and Anointing of the Sick, bringing added comfort and spiritual assistance.

Extraordinary Ministers of Holy Communion may be asked to assist the priests and deacons of a parish in their service to the sick and homebound. This need for Extraordinary Ministers of Holy Communion can arise when distance "makes it difficult to bring Communion, especially as Viaticum to the sick in danger of death; or when the sheer number

of sick people, especially in hospitals or similar institutions, requires several ministers" (*Immensae Caritatis*, I).

It is particularly appropriate that Holy Communion be brought to the sick from Sunday Mass (see *Pastoral Care of the Sick*, 73). Sunday, however, is a day on which the pastoral ministry of priests and deacons can make it difficult for them to bring Holy Communion to the sick at home or in healthcare facilities. Extraordinary Ministers of Holy Communion may serve in these circumstances as well.



Becoming an Extraordinary Minister of Holy Communion

Becoming an Extraordinary Minister of Holy Communion includes four elements of preparation:

- Selection
- Formation
- The dean's mandate
- Commission

SELECTION

Those who are selected to serve as Extraordinary Ministers of Holy Communion must:

- Be at least 18 years old;
- Be a Catholic who has received First Holy Communion and Confirmation, and who leads a life of faith in keeping with the function to be assumed;
- Not be bound by any canonical penalty legitimately imposed or declared;
- Be reverential, respectful of his/her faith and the Blessed Sacrament, and of good moral character; and
- If married, be in a valid marriage according to the law of the Catholic Church.

Special care should be exercised in the choice of Extraordinary Ministers who will bring Holy Communion to the sick. These individuals should be able to minister to the sick in a compassionate, prayerful, and sensitive way. They should possess psychological maturity and the ability to keep confidences, not discussing indiscriminately the condition of patients or their homes.

FORMATION OF

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

Responsibility The archdiocese requires that a person participate in a program of formation before being mandated as an Extraordinary Minister of Holy Communion. These programs are offered in each deanery throughout the year. Topics covered include:

- Theology of the Eucharist;
- Theology of ministry;
- Pastoral and liturgical considerations, with an emphasis on familiarity with the pertinent rituals; and
- Proper reverence and care for the Blessed Sacrament.

Continuing formation It is appropriate that opportunities for Extraordinary Ministers of Holy Communion to increase their knowledge of Eucharistic theology and their devotion to the Eucharist be provided by the parish or institution which they serve on an annual basis. These opportunities could include afternoon or evenings of recollection, with a lecture or reflection on some aspect of Eucharistic theology or spirituality. Exposition and Benediction of the Blessed Sacrament with prayer may be provided. It may also be helpful for Extraordinary Ministers of Holy Communion to meet from time to time with a priest or deacon from their parish to discuss their service, and to obtain advice with regard to difficult situations which they have encountered.

THE DEAN'S MANDATE

The Mandate

The mandate is a written statement by a dean certifying that a person has completed the required preparatory course and may function as an Extraordinary Minister of Holy Communion in a designated parish, school, or healthcare facility. The mandate is nontransferable (*i.e.*, one who is mandated for service in one parish or institution is not necessarily mandated to serve in other parishes or institutions). The mandate for Extraordinary Ministers of Holy Communion is given by the dean of the area where the parish, school, or facility is located. Mandate forms may be obtained by the dean from the Archdiocesan Office of Liturgy, and should be sent by the dean directly to the parish or institution where the Extraordinary Minister of Holy Communion will serve. The institution then presents the mandate to the Extraordinary Minister of Holy Communion.

Application for Mandate

The following procedure should be followed when applying for a mandate:

- A written request naming those to be mandated, signed by the pastor or chaplain, should be made to the dean after the candidates have completed the formation program outlined above;
- This request should indicate the term of service (usually three years); and
- If the person is being selected as an Extraordinary Minister of Holy Communion for a school or healthcare facility, a letter of approval from the pastor of the parish to which that person belongs should be submitted with the mandate request for that person.

Terms for Extraordinary Ministers of Holy Communion

The mandate to serve as an Extraordinary Minister of Holy Communion is, in most cases, given for a term of three years. The mandate may be renewed for additional terms. This practice has certain advantages:

- It encourages turnover among such ministers, ensuring that no individual feels that he/she has a monopoly on this ministry and giving other qualified parishioners an opportunity to serve;
- It prevents the situation wherein an individual may be called to indefinitely sacrifice his/her own personal time for this service; and
- It ensures, as a matter of course, the option to review all Extraordinary Ministers of Holy Communion in a parish or institution, making it less difficult to conclude the service of those who may be less well suited for this role.

It is possible that Extraordinary Ministers of Holy Communion might serve one or more terms, take time away from this service, and then later return to it.

Termination of Mandate

The mandate of Extraordinary Ministers of Holy Communion in the Archdiocese of New York automatically terminates if the person moves from the parish or institution for which he/she was mandated. As well, the mandate can be terminated at any time by the dean in consultation with a pastor or by a pastor himself for good reason.

Renewing the Mandate of Extraordinary Ministers of Holy Communion

When people who have formerly served as Extraordinary Ministers of Holy Communion return to this ministry, it is necessary for them to receive a new mandate from the dean. While preparation for this new mandate need not take the form of attending a deanery instructional seminar, it should include the following instruction by a priest or deacon on the institutional level:

- Instruction about elements of the ministry which have changed since the person was originally prepared as an Extraordinary Minister of Holy Communion;
- A brief review of the standard elements of the training program; and
- Consideration of procedures specific to the parish or institution.

Extraordinary Ministers of Holy Communion in Religious Congregations

The mandating of religious sisters and brothers as Extraordinary Ministers of Holy Communion in their religious houses is done by the vicar for religious in the archdiocese. This mandate does not automatically carry over to parishes, healthcare facilities, or schools. Separate mandates

need to be requested for service in these institutions. The norms for the use of Extraordinary Ministers of Holy Communion apply to Masses celebrated in chapels or houses of religious, as well as to their parishes, schools, and other facilities. When a sufficient number of Ordinary Ministers are present, Extraordinary Ministers of Holy Communion should not serve.

COMMISSIONING OF EXTRAORDINARY MINISTERS OF HOLY COMMUNION

In the Archdiocese of New York, new and returning Extraordinary Ministers of Holy Communion are commissioned by the dean according to a *Rite of Commission (Book of Blessings, Ch. 63)*. This commissioning will normally take place once a year in each deanery. This ceremony serves to mark the beginning of the service of each commissioned individual. Service as an Extraordinary Minister of Holy Communion may begin, however, as soon as the mandate is received, even if this takes place before the commissioning ceremony. The ceremony of commissioning must never resemble sacred ordination in any way (*Redemptionis Sacramentum, 155*).

Temporary Commissioning of Extraordinary Ministers of Holy Communion

While formal mandating by the dean after proper preparation is the normal way in which a person becomes an Extraordinary Minister of Holy Communion, it is permissible for a priest to appoint such a minister to serve on a single occasion, when there is real necessity. Necessity in this instance should be understood as a situation which arises suddenly and without warning (*e.g.*, a larger number of people than usual or expected at a given Mass with no formally mandated Extraordinary Ministers of Holy Communion present). It does not extend to situations in which there is simply a desire to allow those who have not been mandated to exercise this ministry at a specific ceremony (*e.g.*, a bride and groom at their wedding or family members at a funeral). In these and other similar instances when Extraordinary Ministers are needed, persons who have been mandated and commissioned as Extraordinary Ministers by the normal process must be used.

When there is the need for a temporary commissioning, the person should be publicly commissioned according to the rite found in appendix III of the *Roman Missal*. Ministers commissioned in this way may serve only on the occasion for which they have been commissioned.

Extraordinary Ministers of Holy Communion: Overview of Ministry

The Extraordinary Minister of Holy Communion at Mass

When Extraordinary Ministers of Holy Communion are used at Mass, the following procedures should be followed (see *Norms for the Distribution and Reception of Holy Communion Under Both Kinds in the Dioceses of the United States of America*):

1. Extraordinary Ministers of Holy Communion should not form a part of the entrance procession or recessional. However, they should be seated in a location close to the sanctuary, so as to facilitate their service. No special vesture is necessary for an Extraordinary Minister of Holy Communion. However, they should be dressed in a dignified manner which befits their service. "It is never licit for laypersons to assume the role or the vesture of a priest or deacon or other clothing similar to such vesture" (*Redemptionis Sacramentum*, 153). Athletic wear would not be appropriate, and Extraordinary Ministers would be expected to wear their "Sunday best".

2. If needed, an Extraordinary Minister of Holy Communion should approach the altar after the priest has received Holy Communion. After the priest distributes Holy Communion to the deacon and Extraordinary Ministers of Holy Communion, he then hands the vessels containing the Body and Blood of the Lord to those who will assist in the distribution of Holy Communion. The deacon may assist in the distribution of these vessels.

3. The ministers of Holy Communion then proceed to their assigned places to distribute Holy Communion to the faithful. The ritual formulas "The Body of Christ" and "The Blood of Christ" should be used, with no alterations or additions. The decision to receive the host on the tongue or in the hand is made by the communicant, not the minister (*General Instruction of the Roman Missal*, 161). "However, special care should be taken to ensure that the host is consumed by the communicant in the presence of the minister, so that no one goes away carrying the Eucharistic species in his/her hand" (*Redemptionis Sacramentum*, 92).

When distributing the Precious Blood, ministers should allow the communicant to take the chalice into his/her own hands, and then wipe and turn the chalice after each communicant has received the Precious Blood. At the conclusion of the distribution of Holy Communion, Extraordinary Ministers of Holy Communion who assist with the chalice may reverently consume any remaining Precious Blood.

4. Once the distribution of Holy Communion has ended, all ministers should return to the altar or credence table with their vessels, either placing them on the corporal or handing them to the priest or deacon. Those who have participated in distributing hosts may wish to purify their fingers of any particles by wiping their fingers over the ciborium. Additionally, a small bowl of water may be provided at the credence table or next to the tabernacle for this purpose (*General Instruction of the Roman Missal*, 278).

5. Once they have deposited their vessels on the altar or credence table, Extraordinary Ministers of Holy Communion should remain in the sanctuary until the consecrated hosts are returned to the tabernacle by the priest or deacon. They should genuflect prior to closing the tabernacle door, and then return to their seats. Extraordinary Ministers of Holy Communion are not to assist in the purification of the vessels unless they are also instituted as acolytes (e.g., seminarians or candidates for the permanent diaconate).

6. If a person is involved in more than one ministry, he/she should ordinarily serve in only one of these ministries at any given celebration (e.g., he/she should not serve both as lector and Extraordinary Minister of Holy Communion at the same Mass).

7. An Extraordinary Minister of Holy Communion may minister both at Mass and to those at home or in a healthcare facility, provided he/she is properly qualified and trained for each role.

Ministering to the Sick and Homebound

When Extraordinary Ministers of Holy Communion are sent from a parish to the home of a sick person or a healthcare institution, the following procedures should be followed:

1. The Extraordinary Minister of Holy Communion should be provided by the parish or institution with a *pyx* in which to carry the Eucharist, as well as a copy of the *Rite of Communion of the Sick*.

2. A priest or other custodian of the key to the tabernacle should place the required number of hosts into the *pyx* for the Extraordinary Minister of Holy Communion. If this takes place during Mass, the Extraordinary Minister of Holy Communion should remain for the final blessing. No special rite of sending forth is necessary.

Extraordinary Ministers of Holy Communion should not come forward with their *pyxes* during the Communion procession at Mass, as the one distributing Holy Communion may not be familiar with those who are mandated as Extraordinary Ministers of Holy Communion.

3. The Extraordinary Minister of Holy Communion should proceed directly to the home or healthcare facility, without any extraneous stops to run errands, etc. (*CIC*, 935). The journey from the church to the sick should be considered a time of prayer and silence. If the Extraordinary Minister of Holy Communion travels by car, it is appropriate to refrain from listening to the radio and unnecessary telephone conversations while carrying the Eucharist.

4. Those who are with the sick should be asked to prepare a suitable table, covered with a cloth. Candles are also to be provided, except in cases where an open flame is prohibited. A vessel of holy water may also be prepared (*Pastoral Care of the Sick*, 74).

5. After arriving at the location, the Extraordinary Minister of Holy Communion should greet the sick person and any friends or family members in a warm and friendly manner. The Extraordinary Minister of Holy Communion should be knowledgeable as to when the ordinary

Rite of Communion to the Sick is appropriate (e.g., in communal celebrations in healthcare facilities; in private homes and, where possible, with individual patients in hospitals or nursing homes), and when the shorter *Rite of Communion in a Hospital or Institution* should be used (e.g., when the person receiving the Eucharist would find it difficult to participate in a prolonged rite or when the number of individuals to be visited is many). Visiting and socializing should be done *after* the sick person has received the Eucharist.

6. At the conclusion of the rite, the Extraordinary Minister should assure the sick person and those also gathered of the prayers of the community. After taking leave of the sick person, the Extraordinary Minister of Holy Communion should immediately return any hosts which remain to the church or institution from which the Extraordinary Minister of Holy Communion was sent. If this is not possible, the remaining hosts should be reverently consumed by the Extraordinary Minister of Holy Communion. The *pyx* should be purified either by an Ordinary or Extraordinary Minister of Holy Communion (*Holy Communion and Worship of the Eucharist Outside Mass*, 62). Never should hosts be kept in the *pyx* for future use.

Exposition and Reposition of the Blessed Sacrament by Extraordinary Ministers of Holy Communion

The *Rite of Eucharistic Exposition and Benediction* permits the exposition and reposition of the Blessed Sacrament by an Extraordinary Minister of Holy Communion if an Ordinary Minister is unable to do so. "Such ministers may open the tabernacle and also, if suitable, place the ciborium on the altar or place the host in the monstrance. At the end of the period of adoration, they may replace the Blessed Sacrament in the tabernacle. It is not lawful, however, for them to give the blessing with the Sacrament" (*Holy Communion and Worship of the Eucharist Outside Mass*, 91). While Extraordinary Ministers of Holy Communion who expose or repose the Blessed Sacrament do not wear the liturgical vesture proper to a priest or deacon, they should dress in a manner which befits the dignity of this service.

Rite of Distribution of Holy Communion Outside Mass

The *Rite of Distributing Holy Communion Outside Mass* may be used when a priest is not available to celebrate Mass in a parish. When this occurs, a deacon or instituted acolyte may be called upon by the pastor to conduct the service. In their absence, an Extraordinary Minister of Holy Communion may also be asked to lead this rite. In these cases, the norms of the rite must be followed.

Questions and Answers Concerning Extraordinary Ministers of Holy Communion

1. May an Extraordinary Minister of Holy Communion go to the tabernacle?

In the celebration of Mass, only a priest or deacon goes to the tabernacle (*General Instruction of the Roman Missal*, 163; *Ceremonial of Bishops*, 165).

When an Extraordinary Minister of Holy Communion is asked to expose and repose the Blessed Sacrament or lead a service of Holy Communion outside of Mass, he/she may retrieve the Eucharist from the tabernacle (*Holy Communion and Worship of the Eucharist Outside Mass*, 91; 30).

When bringing Holy Communion to the sick, a priest or other custodian of the key to the tabernacle should place the needed number of hosts in a *pyx* for the Extraordinary Minister of Holy Communion (*Holy Communion and Worship of the Eucharist Outside Mass*, 10).

2. May an Extraordinary Minister of Holy Communion bring the Blessed Sacrament home and reserve it there for a time later that day or during the week when he or she will bring Holy Communion to another sick person?

No. It is never permissible for an Extraordinary Minister of Holy Communion to bring the Blessed Sacrament home, except for the purpose of administering Holy Communion to the sick at that location.

3. What is the Eucharistic fast required for a sick person?

The Eucharistic fast for a sick person is fifteen minutes, if possible (*Immensae Caritatis*, III). If, this is not possible, no fast is required. The fast of fifteen minutes also applies to Roman Catholic family members and health attendants who are properly disposed and wish to receive Holy Communion with the person to whom the Eucharist is being brought.

4. Can the Precious Blood be reserved and given to a sick person?

Yes. "Sick people who are unable to receive Communion under the form of bread may receive it under the form of wine alone. If the wine is consecrated at a Mass not celebrated in the presence of the sick person, the Precious Blood of the Lord is kept in a properly covered vessel and is placed in the tabernacle after Communion. The Precious Blood should be carried to the sick in a vessel which is closed in such a way as to eliminate all danger of spilling. If some of the Precious Blood remains, it should be consumed by the minister, who should also see to it that the vessel is properly purified." (*Pastoral Care of the Sick*, 74).

5. What is the proper procedure to follow when a sick person is unable to consume the host?

If a sick person is unable to consume an entire small host, a smaller piece may be given to him/her. A glass of water may be provided to assist the sick person in consuming the host.

If the host is rejected, it should be wrapped in a purificator, and brought to the church or chapel from which the Extraordinary Minister of Holy Communion was sent. There, a priest or deacon should dissolve the host in a small bowl of water. Once dissolved, this water should be poured into the *sacrarium*.

6. Who may purify the Communion vessels at Mass?

The most recent legislation states that only priests, deacons, and instituted acolytes (*e.g.*, seminarians and candidates for the permanent diaconate) may purify the Communion vessels (*General Instruction of the Roman Missal*, 279). This may occur after the distribution of Holy Communion. Alternatively, vessels which need to be purified may be left on a corporal and covered, either on the altar or credence table, and then purified immediately after Mass (*General Instruction of the Roman Missal*, 163).

7. May an Extraordinary Minister of Holy Communion consume any remaining Precious Blood at the conclusion of the distribution of Holy Communion?

Yes. In the Archdiocese of New York, an Extraordinary Minister of Holy Communion may directly consume any Precious Blood which remains at the conclusion of the distribution of Holy Communion. Under no circumstances should remaining Precious Blood be poured into the sacrarium (*Redemptionis Sacramentum*, 107). The consumption of remaining Precious Blood should be done reverently, at the altar or credence table, but never while walking back to the sanctuary.

8. Is it proper for the celebrant to give the host to an Extraordinary Minister of Holy Communion before his own Communion at Mass?

No. Extraordinary Ministers of Holy Communion should receive Holy Communion after the celebrant has received the Eucharist.

9. Is it proper for an Extraordinary Minister of Holy Communion to approach the sanctuary during the *Agnus Dei*?

No. Extraordinary Ministers of Holy Communion should not approach the sanctuary until after the celebrant has received the Eucharist.

10. Is it proper for an Extraordinary Minister of Holy Communion to go to the altar and give Communion to themselves?

No. The Eucharist should always be ministered to, not picked up and received by individual communicants (*General Instruction of the Roman Missal*, 160).

11. May an Extraordinary Minister of Holy Communion assist with the breaking of the Eucharistic host?

No. The fraction of the Eucharistic host is performed by a priest, with the assistance of a priest or a deacon, when required (*General Instruction of the Roman Missal*, 240).

12. Should an Extraordinary Minister of Holy Communion give a blessing to one who comes forward in the Communion procession, but who does not wish to receive the Eucharist?

No. In this case, an Extraordinary Minister of Holy Communion should direct the individual who wishes to receive a blessing to the nearest priest or deacon. In general, the practice of giving blessings in the course of distributing Holy Communion is discouraged (see Congregation for Divine Worship and Discipline of the Sacraments, Protocol No. 930/08/L).

13. What is the proper procedure to follow when a host is dropped or the Precious Blood is spilled?

"If a host or any particle should fall, it is to be picked up reverently; and if any of the Precious Blood is spilled, the area where the spill occurred should be washed with water, and this water should then be poured into the sacrarium in the sacristy."
(*General Instruction of the Roman Missal*, 280).

14. May Holy Communion be given to someone who wishes to kneel?

Yes. While the norm for the (arch)dioceses of the United States is that Holy Communion is received standing, an individual member of the faithful may receive Communion while kneeling (*General Instruction of the Roman Missal*, 160; *Redemptionis Sacramentum*, 91).

15. May Extraordinary Ministers of Holy Communion sanitize their hands before and after the distribution of Holy Communion?

Parish policy should be followed in this case. If it is desired that Extraordinary Ministers of Holy Communion sanitize their hands, this should be done in an inconspicuous manner outside the view of the congregation.

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