

The Parish of Saints Cyril & Methodius



Serving The Holy Meal

The sharing of the Body and Blood of Christ brings us into communion with Him and with each other. Therefore, you should be truly present to others as you share with them in the Act of Communion. Try to be caring about and at ease with the people you serve. Give every member of the assembly the gracious welcome that God the Father extends to the guests at the wedding banquet of His Son. Avoid rush and haste. The person to whom you are ministering deserves your full attention. The human action of sharing the Body and Blood of Christ requires ocular, verbal, and tactile contact to express personal communion. And above all, everything we do must communicate reverence.

As a host minister, when the communicant stops in front of you, look the person in the eye in a friendly manner, raise the Sacred Host slightly, and say “The Body of Christ” – saying the person’s name if you know it. Place the Sacred Host in the outstretched hand or on the tongue of the person. Hands may touch in the act of ministering. The communicant responds, “Amen” and consumes The Sacred Host. He/She moves toward the Cup or on to his/her seat. You prepare for the next communicant – looking the person in the eye, etc.

Cup ministers proceed in the like manner. Look the person in the eye; present the Cup with an inviting gesture, and say, “The Blood of Christ.” The person’s name can also be said either before or after the Cup presentation. The communicant responds “Amen”, drinks, and returns the Cup to you. Again, hands may touch. When the Cup is returned, carefully wipe the rim with the purificator, turn the Cup about $\frac{1}{4}$ turn, than raise your eyes to welcome the next communicant, etc. Be careful with children who are receiving. **NOTE: OPEN THE PURIFICATOR. USE ALL OF IT. AS YOU TURN THE CHALICE, ALSO MOVE THE PURIFICATOR SO THAT YOU HAVE A CLEAN AREA TO USE AFTER YOU MINISTER THE NEXT PERSON. AT THE END OF COMMUNION, THE PURIFICATOR MUST LOOK USED.**