

Training for Ministers of Holy Communion

Purpose

To use the *United States Catholic Catechism for Adults* as part of a parish training for ministers of Holy Communion including deacons, instituted acolytes, and extraordinary ministers.

Materials Needed

Nametags

Markers

Paper

Pens or pencils

12-15 copies of the *United States Catholic Catechism for Adults*

Newsprint

Schedule (3 hours)

Welcome and Introduction (10-15 minutes)

Opening Prayer (5-15 minutes)

Session One: The Church (30-40 minutes)

Break (15 minutes)

Session Two: The Eucharist (30-40 minutes)

Practical Training on How to Be a Minister of Holy Communion (60 minutes)

Possible Adaptations to the Schedule

For a shorter or an evening session, use the following components:

Welcome and Introduction (5 minutes)

Opening Prayer (5 minutes)

Session: The Eucharist (30-45 minutes)

Practical Training (45 minutes)

Welcome and Introduction (10-15 minutes)

As people arrive, invite them to put on nametags. Welcome everyone and introduce your team and any other important people including the pastors. Share the purpose of this time and an overview of the schedule.

Opening Prayer (5-15 minutes)

Lead the group in an opening prayer. A simple prayer is outlined below.

Sign of the Cross

Reading: 1 Cor 11:23-26

General Intercessions

Concluding Prayer: Jesu Dulcedo Cordium by St. Bernard of Clairvaux (p. 229-230)

Resources for the *United States Catholic Catechism for Adults*

Session One: The Church (30-40 minutes)

1. Introduce the topic.
2. Invite someone to read aloud the faith story on St. Peter.
3. The next section (pp. 112-121) is divided into 13 sections. Divide the group into pairs, triads, or any size group so that a group has responsibility for each of the 13 sections. Groups may be given more than one section. Assign section(s) to each group.
4. Invite the groups to read their section, and respond to the first reflection question on p. 121, especially noting what the reading has offered.
5. As a large group, ask the small groups to share their discussion.
6. Distribute paper and pens/pencils. Invite the groups to reflect on and respond to discussion questions 2 and 3 individually, using the paper if they would like to journal on them.
7. Invite the participants to share their reflections with the large group, taking notes on the newsprint.
8. Ask the group to reflect individually on this question: “How does my understanding of the Church as Body of Christ shape the way I approach this ministry?” (This is a modification to question 3.)
9. Invite the participants to find a partner and share their responses.
10. In the large group, solicit some of the responses from the conversations and note them on the newsprint.
11. Ask the participants to identify which responses on the newsprint are challenges for them and the parish as they begin or continue their ministry. Note that these could be goals as they share their ministry and for their continued reflection throughout the year.
12. Conclude by reading the meditation out loud.

Break (15 minutes)

Session Two: The Eucharist (30-40 minutes)

1. Introduce the topic.
2. Invite someone to read aloud the faith story of Carlos Manuel Rodriguez.
3. The next section (pp. 215-227) is divided into eight sections. Divide the group into pairs, triads, or any size group so that a group has responsibility for each of the eight sections. Individuals may also be grouped by the mass time when they serve. Groups may be given more than one section. Assign section(s) to each group.
4. Invite the groups to read their section, and respond to the first reflection question on p. 228, especially noting what the reading has offered.
5. As a large group, ask the small groups to share their discussion.
6. Distribute paper and pens/pencils. Invite the groups to reflect on and respond to discussion questions 2 and 3 individually, using the paper if they would like to journal on them.
7. Invite the participants to share their reflections with the large group, taking notes on the newsprint.
8. Ask the group to reflect individually on this question: “How do you demonstrate your commitment to care for those in need through your ministry?” (This is a modification to question 3.)
9. Invite the participants to find a partner and share their responses.

Resources for the *United States Catholic Catechism for Adults*

10. In the large group, solicit some of the responses from the conversations and note them on the newsprint.
11. Ask the participants to identify which responses on the newsprint are challenges for them and the parish as they begin or continue their Eucharistic ministry. Note that these also could be goals for the coming year.
12. Conclude by praying the “Anima Christi” on p. 230 together.

Practical Training on How to Be a Minister of Holy Communion (60 minutes)

- During this time, teach and practice the basic skills that are needed to be a Minister of Holy Communion in your parish. Also, share any relevant information about how this ministry happens in your parish.
- Lengthen or shorten the time that is set aside for this as needed to complete the training.