

Can Eucharistic Ministers ever take communion themselves even if they are trying to help the Priest?

- 1) First of all, Communion, the Eucharist, is a gift given to us by God. We join as parishioners in offering up our own sacrifices when coming to celebrate the Lord's Supper each and every celebration. Three points should be emphasized here:
 - a. No minister, albeit, Deacon or Extraordinary Minister, shall self communicate at any time during the Mass. They are never to pick up the consecrated bread and/or the sacred chalice and take communion themselves.
 - b. It is not permitted for a minister or communicant to reach for the chalice and "take" but rather should wait and have the Lord's Blood offered, and
 - c. It is never permissible to hand the chalice or the ciborium from one to another and allow each to self communicate.

"94. It is not licit for the faithful "to take . . . by themselves . . . and, still less, to hand . . . from one to another" the sacred host or the sacred chalice...

160. ...The faithful are not permitted to take the consecrated bread or the sacred chalice by themselves and, still less, to hand them from one to another

Must you receive the Body first in order to receive the Blood?

- 2) The Eucharist is indeed the "Source and Summit" of our Catholic faith. Though communion is, perhaps, more complete, when received under both species (bread and wine), parishioners are not required to partake in both. Both species are venerated equally. Often parishioners/faithful cannot consume of either the bread or the wine for personal or dietary reasons, therefore, receiving the Lord in one form equally provides the spiritual growth we seek from the Eucharist. Those whom receive only one species still receive Christ fully and are "not deprived of any grace necessary for salvation".



Resources: Catholic Liturgy Library, General Instructions to the Roman Missal (GIRM), Guide for Extraordinary Ministers of Holy Communion, and Redemptions Sacramentum (JPII).