

## Communion Assistant Guidelines

9/14/13

**LITURGY is "the work of the people." Worship prepares us for our "liturgy" at work, home, and with everyone we encounter. Good worship draws on the gifts of all the assembled people, and your gift helps to equip the people to go out and do "liturgy."**

### Preparation

1. Two communion assistants distribute the wine.
2. Select a robe that hangs close to your ankles. Wearing a cincture (belt) is optional. Choose one that does not interfere with going up and down the altar steps. Please remember that the robes are light-weight and see-through, so wearing something light colored without a lot of pattern keeps the assembly focused on worship and not your clothes.
3. Gather in the narthex (choir room if no procession) with other worship leaders for prayer right before worship.

### During Worship

4. Robe during the sharing of the peace.
5. Go to the altar at the beginning of the meal with other ministers. Be prepared to indicate to the presiding minister that you will distribute a wine chalice. (Crucifer distributes the grape juice).
6. If you want to cleanse your hands before serving the grape juice, go to the robe sacristy and use the anti-bacterial hand cleaner and then return to the altar.
7. Although the purificator (napkin) is not intended to keep the chalice sterile, it is adequate in providing a clean surface for each communicant who chooses to drink wine from the chalice. To wipe the chalice completely without displaying the "lipstick stains" to the congregants, put the purificator over your index finger and hold it between your other fingers, which will enable you to wipe both the inside and outside of the chalice at the same time. Rotate the chalice after each person. Shifting the position of the purificator periodically will allow for using the cleanest portion of cloth.
8. When communicants partake of the meal by intinction (dipping the bread in the wine), it is sometimes unavoidable that pieces of the communion bread remain in the chalice. Use the small spoon to remove the bread from the chalice and place the pieces in the bowl.
9. If someone requests a gluten-free wafer, be sure that you allow them to take it from the bowl themselves, to avoid any cross contamination with the bread that you have touched. Offer the gluten-free chalice and its separate purificator.
10. After communion, give the chalice and purificator to the assisting minister or place on the front altar and receive communion with other worship leaders. Hand the vessels and linens to the Assisting Minister at the rear altar then return to your seat.