

## Holy Spirit Catholic Parishes Adoration

# EMHC Exposition and Reposition of the Blessed Sacrament



The worship of the Holy Eucharist outside of Mass is strongly encouraged by the Catholic Church. "Prayer before Christ the Lord sacramentally present extends the union with Christ that the faithful have reached in communion. It renews the covenant that in turn moves them to maintain by the way they live what they have received through faith and the sacrament." (*The Roman Ritual: Holy Communion and Worship of the Eucharist Outside Mass*, 81.)

We wish to encourage everyone in our parishes to spend time before our Lord in Eucharistic Adoration. This includes making times available when the Blessed Sacrament is exposed in the monstrance in our churches. With a limited number of priests and deacons available to serve an increasing number of parishes across greater distances, the need for Extraordinary Ministers of Holy Communion to be trained to do simple exposition and reposition has grown.

The following gives the norms of the Church allowing for this practice:

*The ordinary minister for exposition of the eucharist is a priest or deacon.*

*In the absence of a priest or deacon ... an acolyte, another extraordinary minister of communion, or another person appointed by the local Ordinary may publicly expose and later repose the holy eucharist for the adoration of the faithful.*

*Such ministers may open the tabernacle and also, as required, place the ciborium on the altar or place the host in the monstrance. At the end of the period of adoration, they replace the blessed sacrament in the tabernacle. It is not lawful, however, for them to give the blessing with the sacrament, nor do they incense it.*

*... Other ministers should wear either the liturgical vestments which are used in the region or the vesture that is befitting this ministry and is approved by the Ordinary.*

*(United States Council of Catholic Bishops, Order for the Solemn Exposition of the Holy Eucharist, 26-27.)*

EMHCs must be approved by the pastor and instructed on how to carry out simple exposition and reposition before doing so. The following are instructions for how approved EMHCs are to carry out this ministry within Holy Spirit Catholic Parishes.

## **Preparation of the Altar**

1. Candles should be placed on or around the altar. Normally two or four candles are used. Candelabras with more candles may also be used, as may be custom to a parish. Candles should be lit prior to exposition.
2. A corporal should be unfolded upon the center of the altar. The monstrance is placed upon the corporal, facing to the side, with its door open. If a parish has a monstrance stand, the stand is placed on the corporal with the monstrance on top.
3. Tabernacle key may be placed in the tabernacle key hole prior.
4. No incense is used.
5. Dress should be appropriate for service in the sanctuary. EMHCs do not dress in any liturgical garb, as is custom in our area.

## **Simple Exposition**

1. Enter the sanctuary, from the sacristy or nave. When entering the sanctuary, genuflect toward the tabernacle.
2. Approach the tabernacle and open the tabernacle doors. Genuflect to the Eucharist upon opening.
3. Remove the luna holder. Close the tabernacle. The key may remain in the tabernacle.
4. Bring the luna holder to the altar. Remove the luna containing the Blessed Sacrament from the holder. Place the luna in the monstrance, closing the monstrance door.
5. Turn the monstrance so that the Eucharist is facing forward. The monstrance should be centered upon the corporal. Genuflect toward the Eucharist in the monstrance.
6. The luna holder is closed and placed either behind the monstrance or on the credence table.
7. Move in front of the altar. Genuflect again to the Eucharist and kneel.
8. Lead the prayer "O Sacrament Most Holy" three times. Other prayers traditionally used by the community may also be included. The EMHC does not follow the order of Exposition used by a priest or deacon. No incense is used.

**O Sacrament most Holy,  
O Sacrament Divine,  
All praise and all thanksgiving,  
Be every moment Thine!**

9. Upon finishing the prayer and a moment of silence, genuflect a final time to the Eucharist and leave the sanctuary.

## **Simple Reposition**

1. Enter the sanctuary, from the sacristy or nave. In front of the altar, genuflect and kneel before the Eucharist.
2. After a moment of silence, lead the prayer "O Sacrament Most Holy" three times.

**O Sacrament most Holy,  
O Sacrament Divine,  
All praise and all thanksgiving,  
Be every moment Thine!**

3. After a moment of silence, genuflect to the Eucharist and move behind the altar, making sure to have the luna holder.
4. Behind the altar, again genuflect to the Eucharist before approaching the monstrance.
5. Turn the monstrance to the side, open the door, and remove the luna, placing the luna back in the luna holder. Close the luna holder.
6. Take the luna holder with the Eucharist back to the tabernacle. Open the tabernacle and place the luna holder inside. Before closing the tabernacle, genuflect toward the Eucharist.
7. Close the tabernacle, removing the key.
8. Exit the sanctuary. If leaving the sanctuary into the nave, genuflect a final time when leaving the sanctuary.