

Session 2: What sustains us in our ministry?

- How do we prepare for carrying out our ministry?
- This ministry is about more than doing.
It is about our own intimate relationship with Christ, which will grow and deepen the more we reflect on our own story in the light of God's story.
- It is also about how we enable the people we serve to grow in their intimate relationship with Christ, and to see the connections between their experience and God's love, revealed in the Scriptures.
- One way to reflect on scripture and life is through *Lectio Divina*.

Session 3: Practicalities - responding to issues raised by participants

- What questions have arisen for you since becoming a minister?
- What difficulties have you faced?
- What practical issues would you like to address?
- Closing prayer: a Service of the Word

To arrange a day please contact:

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A Day of Reflection and Inservice for Extraordinary Ministers of Holy Communion



Available in your Parish or Pastoral Area

Bishop Tom writes:

One of the deepest causes of suffering experienced by those whom sickness or ageing confines to the narrow world of home, hospital or nursing home, is a sense of isolation. We may feel misunderstood, rejected, abandoned by the healthy world of which we were a part, even by those who love us – our family, our Church – even by God. We see there is something wrong with us. We feel no longer useful. We cause other people discomfort and inconvenience. We may know how we “ought to pray” in times of suffering, but we can’t seem to do it. We can’t even go to Church.

As a Church we are committed to be part of the answer – not part of the problem. So, God bless and protect all those who are Extraordinary Ministers of Holy Communion.

We are well blessed in our Archdiocese. They assist at Mass, and even more importantly, take the Body of Christ to thousands of parishioners who are housebound – or in hospital. It is a very special and important role – a great privilege and honour for the Ministers themselves, but also a wonderful gift of belonging and out-reach for those we love.



This places a great responsibility on the Extraordinary Ministers themselves. To build up their own prayer life, and so accompany those they visit in their Journey of Faith. To bring the Body of Christ – the Sacred Host – to the sick and lonely should not be a burden, but a wonderful privilege. It should be done with dignity and respect – both for what we bring and those who receive. It is a sacred and precious thing to do. I want to encourage and support all of our Extraordinary Ministers. You are very special and you play an outstanding part in the sacramental life of every parish.

I applaud those parishes and pastoral areas that organise continual support and time for spiritual growth and reflection for Ministers – to those who re-charge batteries and give pastoral guidance and support.



Bishop Tom Williams
Auxiliary Bishop
Archdiocese of Liverpool

This leaflet offers one way of doing that. The one-day programme it describes has been piloted in one area and those who took part found it most helpful and encouraging in deepening their own prayer life and their appreciation of the Ministry that is entrusted to them. I would commend this day to you and encourage you to take up the offer if it would be helpful in your area.

The day will have three sessions, each including some input and time for prayer, reflection and sharing of experiences and questions about this ministry.

Session One: Let's tell our stories

- What highlights and challenges have we experienced in this ministry?
- Each of us has a vocation to this ministry through our baptism, in our own unique way, for God's purpose, to be another Christ in the world and to build up the church.
- The fact that we have been called and chosen gives us a responsibility, and brings with it the gifts we need.
- This discipleship invites us to take the risk to be compassionate and loving, to get involved and to go the extra mile.
- We can only do this well by giving time to prayer and reflection.