

Elder Communion instructions and best practices. 3/2020

At the start of the offering, go into the sacristy to wash hands and don protective gloves. Wash hands using the procedure below:

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

1. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
2. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
3. **Rinse** your hands well under clean, running water.
4. **Dry** your hands using a clean towel or air dry them.
5. **Put latex gloves on both hands.**
6. **Use a clean paper towel** to open the sacristy door when leaving.

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

As you approach the altar area; stop and bow before stepping onto the platform.

Be patient at the communion rail as people assemble. Waive your hand to indicate to them to kneel when all are assembled.

Words of distribution:

Take eat; this is the true body of our Lord and Savior Jesus Christ, given into death for your sins.

Take, drink, this is the true blood of our Lord and Savior Jesus Christ, shed for the forgiveness of your sins.

The body and blood of our Lord Jesus Christ strengthen and preserve you in body and soul to life everlasting. Depart in peace. Amen.

If communing pastor you can simply say: Take eat; the body of Christ. Take drink; the blood of Christ. Go in peace your sins are forgiven.

Grip the host (bread) tightly enough to maintain control and set it lightly in the communicant’s hand. Too much force can cause the bread to break.

If you drop it, leave it rather than contaminate your gloves.