

Introducing Holy Communion from the chalice for all in the congregation is an apt opportunity for parishes to reflect once more on how they celebrate the Eucharist on Sunday, so that its celebration may truly be a sign of the fullness of God's life for the world.

Holy Communion under both kinds for all the faithful in the congregation has additional significance for those who for health reasons cannot participate under the species of bread alone. They are enabled to join the communal procession to Holy Communion to receive the Blood of Christ and, so, are saved from stress and medical disclosure.

It is within every parish's means to establish for all celebrations of the Eucharist on Sunday two permanent locations, at minimum, where Holy Communion from the chalice is available to all the faithful.

It is a helpful practice to have two ministers of the chalice to each minister of the host, and to position each pair together on the side on which communicants in circulating mode are returning to their seats.

In smaller churches, however, where only one minister of the host distributes before the altar at the head of the central aisle, the 'two permanent locations' could mean having one minister of the chalice on either side of this single minister of the host.



Sample Parish Announcements

Sundays 1 and 2

Please note that during Holy Communion, all communicants are welcome to receive under both kinds.

That is, those who wish to also receive from the chalice, or who can *only* receive from the chalice may do so at ... (name locations).

Sundays 3 and 4

Again, all communicants are welcome to receive under both kinds.

All who wish to receive from the chalice, or who can *only* receive the Blood of Christ may do so at ... (name locations).

Permanent Notice in Parish Bulletin

Holy Communion is available to all communicants under both kinds.



Holy Communion under both kinds wholly fulfils the Lord's Command: 'Take, eat; this is my body', and, 'Drink from it, all of you' (Mt 26:26-27). It, in turn, fulfils the teaching of the Church, namely; that when Holy Communion takes place under both kinds, there is a clearer expression of divine will, and the Eucharist as the symbol of the banquet of heaven is more clearly evident.

Cf. General Instruction of the Roman Missal
(281–285a)

At the same time, 'Christ, whole and entire, and the true Sacrament, is received even under only one species, and hence that as regards the resulting fruits, those who receive under only one species are not deprived of any grace that is necessary for salvation.'

Cf. General Instruction of the Roman Missal (282)



THE PASTORAL CARE
OF THE FAITHFUL WITH
COELIAC CONDITION IN THE
CELEBRATION OF THE EUCHARIST

What is Coeliac Condition?

Coeliac condition is an adverse reaction to gliadin, which is a protein in gluten. Gluten is a constituent of common grains such as wheat, and is in a wide range of foods, including the bread for the celebration of the Eucharist. One in every hundred Irish people is estimated to suffer from coeliac condition.

Coeliac condition manifests itself in a continuing immune response that damages the intestines, reduces the absorption of nutrients and creates several discomforting symptoms. It increases the risk of anaemia, osteoporosis, diabetes and other medical conditions. Coeliac condition can even be life threatening.

Coeliac sufferers have to adhere to lifelong medical supervision. Their care is assisted by the Coeliac Society of Ireland and by Coeliac UK. The Irish Bishops' Conference wishes to ensure the full participation of coeliac sufferers in the celebration of the Eucharist.



The Pastoral Care of the Faithful with Coeliac Condition in the Celebration of the Eucharist

1. Holy Communion under both kinds for all the assembled faithful is the best means of equal and unencumbered access to Holy Communion for the faithful with coeliac condition. It also serves to avoid identifying their diagnosis to the whole assembly.

2. For bread to be the valid matter for the celebration of the Eucharist, it has to be made only from wheat. It also has to contain a minimum quantity of gluten in order to obtain naturally the confection and nature of bread. Increasingly, this minimal amount is considered problematic for coeliacs. The bishops call on all parishes to administer Holy Communion under both kinds to all the assembly, so that the faithful with gluten intolerance, adults and children, may receive from the chalice only, without difficulty or embarrassment.

3. Low-gluten hosts may continue to be used in the celebration of the Eucharist. With this remains the challenge to avoid cross-contamination of regular-gluten and low-gluten breads, both in their storage and handling in the sacristy, and in their administration as hosts in Holy Communion.

4. To better assist the faithful who suffer from coeliac condition, one minister ought to be assigned in every celebration of the Eucharist to distribute low-gluten hosts only. It would be helpful that the type of pyx or ciborium used and the location of the minister is standard in all churches of a diocese. One possible location is to stand behind a minister with regular hosts. With consistent arrangements, it is the fervent wish of the bishops that the faithful living with coeliac condition who are prohibited from receiving the sacrament by current arrangements will be enabled to encounter the Lord in Holy Communion.

5. It is a parent's choice to decide if their child receives from the chalice or not. The fact that so-called 'gluten-free' hosts are not gluten free, and likely their minimum gluten content remains problematic, will assist parents to decide the health benefit to their child of receiving from the chalice only.

6. Note that during the Fraction Rite, a small piece of the regular host is broken off and placed in one chalice only. All other chalices are suitably administered to the faithful with coeliac condition. Significantly, 'intinction' relates to the minister of Holy Communion dipping the host in the chalice. It does not mean the communicant receives the host and self-intincts it in the chalice. In view of the prevalence of coeliac condition in Ireland, intinction is not helpful even when appropriately carried out, as it gives rise to the contamination of the consecrated wine for communicants with coeliac condition.

7. Holy Communion is a divine gift offered and received. It is never appropriate to have the giving and receiving of Holy Communion experienced as self-service.



Holy Communion under Both Kinds

*'... Take, eat; this is my body.'
'... Drink from it, all of you; for this is my blood
of the covenant ...' (Mt 26:26-27)*

Holy Communion has a fuller form as a sign when it takes place under both kinds. In this way, the sign of the Eucharistic banquet is more clearly evident.

The faithful in the congregation who receive Holy Communion under the species of bread alone are not deprived of any grace necessary for salvation, since the risen Lord, whole and entire, is received under one species only.