



## Catholic Diocese of Victoria

### Office of the Bishop

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April 28, 2025

Dear People of God,

After consultation with the Diocesan Liturgical Commission, the Diocesan Health Care Committee, and the Council of Priests, I have determined that it is now time to reintroduce the distribution of the Precious Blood from the chalice during the Liturgy of the Eucharist to all the faithful. This change will come into effect on the Solemnity of the Body and Blood of Christ, June 22, 2025.

The General Instruction of the Roman Missal (GIRM) has a number of statements lauding the practice of the administration of both species (i.e., the Body and the Blood of Christ) in the Mass. For example:

*# 80. Since the Eucharistic Celebration is the Paschal Banquet, it is desirable that in keeping with the Lord's command, his Body and Blood should be received as spiritual food by the faithful who are properly disposed.*

*# 281. Holy Communion has a fuller form as a sign when it is distributed under both kinds. For in this form the sign of the Eucharistic banquet is more clearly evident and clear expression is given to the divine will by which the new and eternal Covenant is ratified in the Blood of the Lord, as also the relationship between the Eucharistic banquet and the eschatological banquet in the Father's Kingdom (Eucharisticum Mysterium, May 25, 1967, no. 32)*

The liturgical principle laid out in GIRM # 160 of making a simple bow of the head before receiving the Body of Christ would apply when receiving the Blood of Christ.

GIRM # 286 then states that the communicant “*moves and stands facing the minister of the chalice. The minister says, The Blood of Christ, the communicant responds, Amen, and the minister hands over the chalice, which the communicant raises to his or her mouth. Each communicant drinks a little from the chalice, hands it back to the minister, and then withdraws; the minister wipes the rim of the chalice with the purificator.*” (emphasis mine).

**It is important here to reiterate the above instruction of the Church that the posture for receiving the Blood of Christ is one of standing.** This is done to avoid situations of spillage from the chalice. It is much safer for the minister who is standing to give the chalice to a communicant who is also standing; it also allows for easier flow within the liturgy.

Pastors / pastoral administrators / executive committees with their parishes are free to choose if and when they will offer Communion under both kinds at their Masses. Please note that on



occasions when I visit parishes to celebrate the Eucharist, it would be my hope, for all the above reasons of the Church's teaching, that Communion would be offered under both kinds

I am grateful for the patience of those who have been eagerly waiting to resume receiving from the Chalice. And I understand the concerns of those who feel this practice is still too hazardous.

**It is important to note that no one is required to receive under both species**, because the fullness of Christ (the Body, Blood, Soul, and Divinity of our Lord) is present in either of the Sacred Species (Catechism, #1390).

Finally, I wish to say again – it continues to be an act of supreme love for one another to stay home if we are sick or unwell. If you are sick with symptoms of Covid, the flu, the common cold, upper respiratory infections, or any other communicable disease, please do not come to church. This sacrifice is an act of charity, and a source of blessings for both you and your community.

May our Risen Lord continue to guide and nourish us, and keep us holy and safe during this Easter season and in the days to come.

In Communion,

Most Reverend Gary Gordon  
Bishop of Victoria

