



Niagara University  
Campus Ministry

Office of Mission  
Campus Ministry

March 26, 2023

Dear friends,

**Concerning Reception of Communion Under Both Kinds<sup>1</sup>:**

The opportunity to receive the Blood of Christ at Mass connects us directly to the apostles, who received the chalice directly from Christ himself. It connects us to great saints throughout history who did the same. Bishop Michael Fisher directed pastors to implement a plan for reintroducing the practice. In the nearly three-year absence of the use of the Communion chalice, he reminded local Catholics that the consecrated wine may not be offered in separate cups (plastic, paper, etc.) to individual communicants. **If fear of illness exists, that person should refrain from the chalice.**

Intinction, dipping of the Communion host into the chalice, is only allowed for the clergy. The lay faithful may not dip their hosts into the chalice themselves, as this is considered “self-communication,” which the church prohibits.

Since the Second Vatican Council, the Catholic Church has emphasized that while the distribution of both host and wine more fully expresses Christ’s gift of himself at the Last Supper the fullness of sacramental grace is present in each form. When it comes to the sign, the expression of the sign is less full without both forms of Communion. **But when it comes to grace, there’s no deprivation of grace without drinking from the Communion chalice.**

**Concerning Transmission of Infection:**

In summary, the common communion chalice may theoretically serve as a vehicle of transmitting infection, but the potential risk of transmission is very small. **Currently, available data do not provide any support for the suggestion that the practice of sharing a common communion cup can contribute to the spread of COVID-19** because SARS-CoV-2 transmission from a patient with COVID-19 or asymptomatic carrier to other people has not been reported.

Blessings of Lent,

Fr. Gregory J. Semeniuk, C.M.

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<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7439816/> ; <https://www.americamagazine.org/faith/2022/11/29/diocese-communion-cup-244234>