

## **Reception of Holy Communion Under Both Kinds: Excerpts: United State Conference of Catholic Bishops 2017**

2...The Eucharist uses signs to convey sacred realities. In their preeminent way the Eucharistic Liturgy uses the signs of bread and wine in obedience to the Lord's command and after their transformation gives them to us as the Body and Blood of Christ in the act of Communion.

14. The act of Communion, therefore, is also an act of faith. For when the minister says, "The Body of Christ" or "The Blood of Christ," the communicant's "Amen" is a profession in the presence of the saving Christ, body and blood, soul and divinity, who now gives life to the believer.

15. The communicant makes this act of faith in the total presence of the Lord Jesus Christ whether in Communion under one form or in the Communion under both kinds. It should never be construed, therefore, that Communion under the form of bread alone or Communion under the form of wine alone is somehow an incomplete act or that Christ is not fully present to the communicant. The church's unchanging teaching from the time of the Fathers through the ages – notably in the ecumenical councils of Lateran IV, Constance, Florence, Trent, and Vatican II – has witnessed to a constant unity of faith in the presence of Christ in both elements.<sup>25</sup>

Clearly there are some pastoral circumstances that require Eucharistic sharing in one species only, such as when Communion is brought to the sick or when one is unable to receive either the Body of the Lord or the Precious Blood due to an illness... Those who received Holy Communion at home or who were sick would usually receive under only one species, as would the whole Church during the Good Friday Liturgy.<sup>26</sup> Thus, the church has always taught the doctrine of concomitance, by which we know that under each species alone, the whole Christ is sacramentally present and we "receive all the fruit of Eucharistic grace."<sup>27</sup>

16. At the same time an appreciation for reception of "the whole Christ" through one species should not diminish in any way the fuller sign value of reception of Holy Communion under both kinds. For just as Christ offered his whole self, body and blood, as a sacrifice for our sins, so too is our reception of his Body and Blood under both kinds an especially fitting participation in his memorial of eternal life.

20. Holy Communion has a fuller form as a sign when it takes places under both kinds. For in this form the sign of the Eucharistic banquet is more clearly evident and a clearer expression is given to the Divine Will by which the New and Eternal Covenant is ratified in the Blood of the Lord.

30. When Holy Communion is to be distributed under both species, careful planning should be undertaken.

41. The Communicant may choose whether to receive the Body of Christ in the hand or on the tongue.

49. Holy Communion may be distributed by intinction...the priest takes a host, intincts it partly in the chalice and, showing it, says, "The Body and Blood of Christ". The communicant replies, "Amen," and receives the Sacrament...from the priest.