



DIOCESE OF ALTOONA-JOHNSTOWN

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To: Clergy and Administrators

From: Monsignor Robert C. Mazur

Concerning: Catechesis on Communion from the Chalice

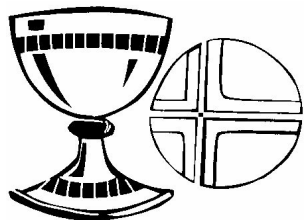
Date: February 2, 2010

Attached is a bulletin insert for each of the Sundays of Lent regarding the privilege of receiving the Chalice of the Precious Blood of Christ at Mass. As the Diocesan Church prepares to offer the Chalice to the Faithful at Easter time, these inserts offer catechesis on the reception of the consecrated Wine at Liturgy.

Thank you for your cooperation with this effort to catechize the Faithful on the opportunity to receive Holy Communion under the fuller sign of both species of bread and wine.

Additional Lenten Inserts — 2010 / Offering the Chalice

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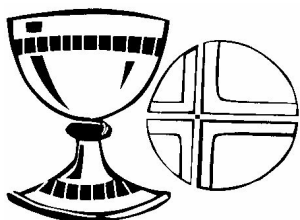


Liturgical Reflection...

Holy Communion has a fuller form as a sign when it is distributed under both kinds. From the first days of the Church's celebration of the Eucharist, Holy Communion consisted of the reception of both species in fulfillment of the Lord's command to "take and eat...take and drink." The distribution of Communion to the faithful under both kinds was the norm for more than a millennium of Catholic liturgical practice. For in this form the sign of the Eucharistic banquet is more clearly evident and expression is given to the divine will by which the new and eternal Covenant is ratified in the Blood of the Lord.

General Instruction of the Roman Missal, 2002, Number 281. Norms for the Distribution and Reception of Holy Communion under Both Kinds in the Diocese of the United States of America, 2002, Number 17.
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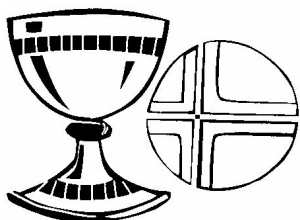


Liturgical Reflection...

The Christian faithful are to be instructed that the Catholic faith teaches that Christ, whole and divine, and the true Sacrament, is received even under only one species, and consequently that as far as the effects are concerned, those who receive under only one species are not deprived of any of the grace that is necessary for salvation. While Holy Communion under both kinds has a fuller sign, any of the faithful who wish to receive Holy Communion under the species of bread alone are to be granted their wish.

General Instruction of the Roman Missal, 2002, Number 282.
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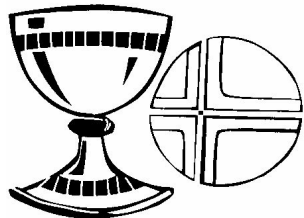
Liturgical Reflection...

The Second Vatican Council gave renewed consideration to Communion under both kinds. Aware of the doctrinal principles on the complete efficacy of Eucharistic Communion under the species of bread alone, the Council gave permission for Communion under both kinds. This is a clearer form of the Sacrament, offering a particular opportunity of deepening the understanding of the mystery in which the faithful take part. On the night before He died, the Lord took bread and said, "Eat," then He took the chalice and said, "Drink." The faithful are encouraged to partake of both consecrated Bread and consecrated Wine, the Body and Blood of Christ.

General Instruction of the Roman Missal, 2002, Number 14.
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Additional Lenten Inserts — 2010 / Offering the Chalice

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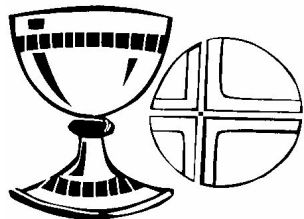
Liturgical Reflection...

The Second Vatican Council has urged that the more perfect form of participation in the Mass is that the faithful, after the priest's Communion, receive the Lord's Body from the same Sacrifice. As noted at the Council of Trent, the faithful present at each Mass, for the sake of a fuller participation in the holy Eucharist, should communicate not only by spiritual desire but also by sacramental reception of Communion. The Church strongly suggests that the Eucharist distributed to God's people come from the altar of that Mass, and not from the reserved Sacrament in the tabernacle. Bread and wine consecrated at that Mass is ideally the Communion distributed to the faithful.

General Instruction of the Roman Missal, 2002, Number 13.

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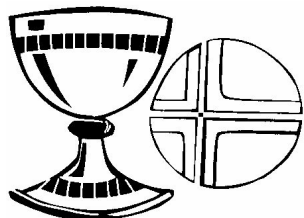
Liturgical Reflection...

The Church directs a sign of reverence be shown before receiving Communion standing. The bishops of the United States have determined that the sign of reverence is a bow. This gesture expresses our reverence and honor to Christ who comes to us in the Most Blessed Sacrament. The consecrated Host may be received on the tongue or on the hand at the discretion of the communicant. The sign of reverence, a bow, is also made before receiving the precious Blood. This liturgical sign of reverence speaks of our devotion and love of the Body and Blood of Christ which we are about to receive. The reverent bow is also a sign of gratitude for such a sacred gift.

Introduction to the Order of Mass, 2003, Number 32.

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Liturgical Reflection...

Beginning at the Easter Vigil and Easter Sunday, the Diocese of Altoona-Johnstown will return to its regular practice for the distribution and reception of Holy Communion. With the great part of the flu season behind us, the offering of the chalice of the Precious Blood of Christ will again be offered regularly at Mass. Always remember, if you have a cold, sore throat, cough, or any flu-like symptoms, please refrain from receiving the Chalice of the Lord's Blood. To those Catholics who wish to receive the fuller sign of Communion, both the consecrated Bread and Wine, Easter will be the feast for the restoration of this practice in the Diocese.

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