



Archdiocese of Winnipeg  
*Office of the Archbishop*

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My brothers and sisters,

Together with the Archdiocese of St. Boniface we want to offer parishes the option of parishioners receiving from the Chalice again effective today.

A Pastor/Parochial Administrator and Pastoral Council can choose to offer both Sacred Species at any Mass they decide upon.

The theology of the Catholic Church is clear – Christ is fully present in each of the Species whether we receive one or both. While some will still be concerned about the transmission of germs during the reception of the Precious Blood, you are reminded that you may choose to receive Communion under a single species, the Body or the Blood of Christ. At the same time, as the church teaches, there is spiritual benefit in receiving under both species: “so that the fullness of the sign may be made more clearly evident to the faithful in the course of the Eucharistic banquet, lay members of Christ’s faithful, too, are admitted to Communion under both kinds.” (*Redemptionis Sacramentum*, 100).

As Jesus invited his disciples to take and drink, we encourage taking the cup and drinking from it; not intinction. (If there is some Precious Blood spilt, the purificator is placed over the spill and the Communion Minister stops distributing).

If a person is sick with a cold or flu they are encouraged not to receive from the Chalice.

As we approach the Solemnity of the Body and Blood of Christ, may our hunger for the Eucharist lead us to a deeper love of God and His people.

Yours in Christ,

Most Reverend Murray Chatlain  
Archbishop of Winnipeg