



Archdiocese of Galveston-Houston

Office of Worship

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Our Epiphany Gift: Restoring the Chalice for Holy Communion in the New Year

This coming Epiphany Sunday 2023 the people of our archdiocese will receive a special spiritual gift! Cardinal DiNardo recently announced that on Sunday, January 8, 2023, the practice of distributing Holy Communion from the chalice to the faithful throughout the Archdiocese of Galveston-Houston is restored. The words Jesus spoke to his disciples take on renewed meaning, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.” (Mt.26:28)

Cardinal DiNardo asks all parishes to resume their customary pre-pandemic practice of distributing the Precious Blood to the faithful at Holy Communion on this date. Understanding that some of the faithful may not be comfortable receiving Holy Communion under this form due to health concerns, Cardinal reminds us that, as always, reception of Holy Communion from the chalice is at the discretion of the communicant.

Parishes are asked to retrain and catechize liturgical ministers and parishioners in the proper way to distribute and receive Holy Communion under both forms during the coming months. The Office of Worship offers a [Liturgical Formation Day \(link here\)](#) for ministers in January, and provides special liturgical, spiritual, and practical resources to teach and inspire the faithful about distributing and receiving the gift of both the Body and Blood of Christ.

As guests at the banquet of the Lord’s Supper, we can now more fully share in the joy and graces of receiving the Body and Blood of Christ in the Eucharist. “We are grateful for your perseverance during these past years.” Cardinal DiNardo shares. “Please be assured of our prayers for you as we receive our Lord in the great gift of Christ’s Body and Blood in which we celebrate communion.”

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