Sharing the Cup as God's People
The Reintroduction of the Cup at Mass

On June 11, 2023, the Archdiocese announced that on the *Feast of Corpus Christi*, parishes would be permitted to reintroduce the distribution of the Cup at Masses at the discretion of the pastoral leadership. Since that time more and more parishes throughout the Archdiocese have begun offering the Cup at Mass.

Here at the Paulist Center, there has been a long history and commitment to offering both eucharistic species at our Masses. This stems from our belief and understanding that "sharing in both eucharistic species reflects more fully the sacred realities that the Liturgy signifies." *(Norms for the Distribution and Reception of Holy Communion Under Both Kinds in the Dioceses of the USA, #8, #10).*

This past Fall, the Worship Committee discussed the possibility of reintroducing the Cup and more recently, after surveying our lectors and sacristans, has recommended we return to this practice beginning with the Evening Mass of the Lord's Supper on Holy Thursday.

We understand that some community members may be uncomfortable receiving from the common Cup and there is no expectation that everyone will choose to receive Communion under both species. However, we have discerned that the time has come to make this option available for those who wish to do so.

Studies by the CDC* have concluded that while the common Cup may theoretically serve as a vehicle of transmitting infection, the potential risk of transmission is so small that it is undetectable. Nonetheless, common caution should be observed. If you are feeling ill, have recently tested positive for a respiratory disease or are immunocompromised, please refrain from partaking of the Cup.

Our Eucharistic Ministers will follow appropriate safeguards, i.e., wiping the interior and exterior rim between communicants and using different parts of the purificator each time and rotating the cup between use.

Again, while no one is strictly required to receive the Precious Blood along with the Body of Christ, we do hope and pray that this practice when resumed will serve to deepen the bonds we share as a eucharistic community centered on Christ's sacrifice and ignited to continue His mission in the world. As we gather around the Table of the Eucharist this Triduum, let us give thanks for the astonishing grace of our common baptism into Christ's Body.

Worship Committee, Spring 2024

**Link to CDC article: https://www.ajicjournal.org/article/S0196-6553(98)70029-X/abstract*