

## **About Intinction**

While still working out our knowledge and issues around the COVID pandemic, the subject of intinction has come up at various times as a way to work around the Common Cup in the administration of Eucharist. While theologically intinction is problematic, and there is no good basis for intinction in our tradition, it did become common practice during the AIDS epidemic of the 1980s as an alternative to the Common Cup during the fears of that time. Despite scientific evidence put forth about the safety of the Common Cup, community fears about germs and a stigma attached to those with AIDS led to this practice. Some of our parishioners have never experienced the administration of communion in-person without intinction.

In our discussions and review of materials during the past three years, the issue of the Common Cup, while desirable in our tradition, continues to be problematic for some, with scientists in disagreement about the issue of its safety. Certainly, if all chalices have the patina needed, and all wine is the standard 15-18% for communion, it is easy to make a one-size-fits-all regulation about the Common Cup, and some of our large church have done so.

For the Diocese of El Camino Real, the preferred methods of administration remain the use of the Common Cup for wine, or communion in one kind (bread). If some in your parish must intinct please be sure to have two communion stations (one for each method) and use the following method at the station for intinction:

- One person holds the paten (priest), and one holds the chalice (Deacon or LEM).
- The priest holds up the wafer, says, ‘The Body of Christ, the Bread of Heaven,’ and hand the wafer to the Deacon/LEM.
- The Deacon/LEM (gloved hand) takes the wafer and dips it slightly into the wine and drops it in the hand of the congregant saying, “the Blood of Christ, the Cup of Salvation,” or “The Body and Blood of our Lord Jesus Christ keep you in Everlasting Life.”
- The congregant puts the dipped wafer/bread into his/her/their mouth.

### No-Nos:

- Do NOT allow congregants to dip into the chalice (talk about germs!).
- Do NOT place the dipped wafer on the tongue or near the mouth of the congregant.

While intinction is not preferred, you can help it to be a meaningful experience with your prayerful presence and careful and consistent administration of the Eucharist.

Thank you for thinking these things through in ways beyond mere function, always attentive to sacred hospitality at God’s Table.

Faithfully,  
+Lucinda