

Communion and Intinction at St John's

With the different strains of flu that threaten us, together with other health safety concerns, we are asking how we might continue offering Communion to people in the safest way possible. It should be noted that good liturgical principles for administering communion remain good practices for safety. Using gold or silver vessels, wine with an alcohol content of about 18%, and the combination of wiping the chalice and turning it each time it is used are some of the best ways to be safe.

In addition to the above, we will offer Communion as follows:

- any person in the sanctuary touching the elements will be asked to use a hand sanitizer prior to Communion, rinsing their hands with water after to remove any chemicals from the sanitizer
- those people coming up for Communion will be asked to come to the altar in single file
- when you approach the altar, you will be offered Communion in the traditional manner with bread and wine, and the wine from the chalice; or you may choose to go to the side where the bread will be intincted for you by the celebrant and placed on your tongue. In either case, you can kneel or stand at the altar rail as we usually do.
- you may choose to simply receive the bread, and omit the wine; and the full nature of the sacrament will still be conveyed. If you choose this option, please go to the side in which the bread and wine are offered separately, and communicate to the chalice bearer that you choose not to receive the wine

The intent of these changes is to maintain the tradition of receiving Holy Communion at St. John's while recognizing the concerns raised by the presence of the flu and other communicable diseases. If you have concerns or questions, please feel free to bring them up to Fr. David or a member of the Vestry.