

## **Pastoral note on receiving bread and wine**

The sacrament of the Eucharist/Communion/Lord's Supper is at the heart of our worship as an Anglican Church. Receiving the bread and wine is the point to which the journey through the service leads us.

During the pandemic our practice for receiving the bread and wine altered vastly. From not being able to receive, to then receiving the bread only, through intinction (dipping) of the bread by the Priest into the chalice and then finally with the reintroduction of the chalice. All of the changes have been hard to keep up with and have led to a variety of different practices and as such I thought it important to offer some guidance of where we are at.

The Bishop's office offered what initially seemed to be instruction to stop the practice of the minister intincting the wafer but after challenging this I have been told it was meant as guidance. I have been told that we can adapt to allow for local practice that is pastorally sensitive to our situation.

Therefore I offer three ways that you may receive communion

1. **Receive the bread alone.** This is seen as full communion, it is not a half measure, we meet and remember Jesus as much in the bread on its own as we do in taking the wine as well.
2. **Receive the bread and the wine from the chalice**
3. **Receive the bread intincted into the wine by the minister.** Please do not dip into the wine yourself as this can be tricky for the chalice assistant and for practical and theological reasons we want to avoid spilling wine and also accidental dipping of fingers into wine.

I hope this offers a way in which all who wish to feel able to participate in this meal.

NB Please note that when we have visiting clergy they may not be willing to intinct as point 3.