



## MEMORANDUM

**TO:** Clergy, Liturgy Coordinators, Faithful of the Diocese of Orange  
**FROM:** Deacon Modesto Cordero, Director, Office for Worship  
**RE:** Diocesan Norms for the Distribution of Holy Communion Under Both Kinds  
**DATE:** January 9, 2026

### Introduction

The Eucharist is the “source and summit of the Christian life” (LG 11). Christ instituted the Eucharistic sacrifice of His Body and Blood to perpetuate the sacrifice of the Cross and to unite the Church in charity and communion (SC 47). Christ is truly, really, and substantially present under each species.

Because Christ is fully present under the appearance of bread or wine, the faithful who receive under only one species receive the whole Christ and are not deprived of any grace (Council of Trent, Session XXI). For this reason, receiving Holy Communion under the species of bread alone remains the legitimate and most common form in the Latin Church (CCC 1390).

Concomitance should be clearly taught, especially as some faithful may mistakenly refer to the Precious Blood as “the wine” or believe that something essential is missing when it is not offered.

### Diocesan Norms for the Distribution of the Precious Blood

The Precious Blood may be distributed only in specific circumstances established by the Bishop of Orange. The Pastor of the parish has discretion within these approved cases:

- Those with severe gluten intolerance or wheat allergy that serious illness would result from consuming low gluten hosts;
- The Elect baptized at the Easter Vigil or in the Mass which follows their baptism;
- Baptized Christians received into Full Communion of the Catholic Church;
- Those receiving First Holy Communion;
- The bride and groom at their wedding Mass;
- Newly ordained deacons at their ordination Mass;
- Deacons assisting at Mass;
- To those consecrated to a life of virginity within the Mass of their Consecration;
- To those making religious profession within the Mass in which they profess their vows;
- Religious at their profession Mass or at the conventual (“community”) Mass, provided that only members of the religious community are present;
- The faithful at **Daily Mass (Mon–Sat morning)**, excluding Holy Days of Obligation, *provided* that the conditions of RS 102 can be prudently met and on the following Solemnities: Mary, the Holy Mother of God; Easter Sunday; The Most Holy Body and



Blood of Christ; the Assumption of the Blessed Virgin Mary; All Saints; the Immaculate Conception of the Blessed Virgin Mary; Our Lady of Guadalupe; and the Nativity of the Lord.

The Precious Blood may be distributed only in sacred spaces such as churches and chapels. It may not be distributed in classrooms, gyms, multipurpose rooms, retreat centers, nursing homes, or other non-dedicated spaces.

The Precious Blood may not be offered at Sunday Masses, Holy Days of Obligation, or any Mass with a large congregation where the risk of spillage, excess, or logistical difficulty would compromise reverent distribution.

The distribution of the Eucharist by intinction to the faithful is also prohibited in the Diocese of Orange.

These norms may not be expanded by individual pastors.

### **Pastoral and Practical Considerations**

Pastors must carefully discern whether distribution under both kinds is possible in his parish based on:

- Risk of spillage or profanation;
- Ability to estimate the appropriate amount of wine;
- Size and configuration of the worship space;
- Adequate number of trained ministers;
- Likelihood that the faithful will approach the chalice;
- Ensuring the proper role of ordained ministers is not obscured by excessive use of extraordinary ministers of Holy Communion.

### **Conclusion**

The Precious Blood is a gift that enriches Eucharistic understanding when offered appropriately. However, the fullness of Eucharistic grace is always received under one species. Pastors must follow the diocesan norms carefully and exercise prudent pastoral judgment when determining when Communion under both kinds may be offered.

For more information contact Julian Venegas, Diocesan Eucharist Parish Liaison at the Office for Worship ([jvenegas@rcbo.org](mailto:jvenegas@rcbo.org) or 714-282-4283).

### **Abbreviations**

CCC	Catechism of the Catholic Church, second edition, 1997
LG	Second Vatican Council, Dogmatic Constitution, <i>Lumen Gentium</i> , 1964
RS	CDWDS, Instruction, <i>Redemptionis Sacramentum</i> , 2004
SC	Second Vatican Council, Constitution, <i>Sacrosanctum Concilium</i> , 1963
CDWDS	Congregation for Divine Worship and the Discipline of the Sacraments