

THE CELEBRATION AND RECEPTION OF COMMUNION UNDER BOTH KINDS**I. Introduction**

The directives as stated in This Holy and Living Sacrifice: Directory for the Celebration and Reception of Communion under Both Kinds, prepared by the secretariat of the Bishop's Committee on the Liturgy, 1984, are normative for all celebrations of the Eucharist in which Communion is distributed and received under both the forms of bread and wine. The complete directory summarizes the Church's liturgical law concerning Communion under both kinds.

In October, 1984, the Congregation of Divine Worship affirmed the NCCB request that Communion under both kinds be permitted at parish and community Masses celebrated on Sundays and Holy Days of obligation in the dioceses of the United States. Therefore, in the Diocese of Las Cruces, when the faithful gather in their parishes on Sundays and Holy Days to celebrate the Eucharist, receiving Communion under both kinds is to be the norm. In this way "God's people are renewed and refreshed by the bread of life and the cup of eternal salvation." (Directory #5)

In addition to receiving Communion under both kinds on Sundays and Holy Days, doing so is most appropriate in special celebrations; e.g., at the reception of sacraments celebrated within the Eucharist (baptism of adults, weddings, confirmations, ordinations) as well as at funeral Masses and other family observances.

II. Catechesis for Communion Under Both Kinds

Proper catechesis of the faithful is to be given and the necessary cautions for reverent celebrations pointed out. The catechesis is to include in terms and ways understandable to the people the ecclesial nature of the Eucharist. In the Faithful's sharing of Christ's body and blood the fullness of the mystery is made present in sign and symbol. The teachings on Eucharist as both, sacrifice and meal, as well as the real presence of Christ in the Eucharistic elements, are to be renewed. The kinds of reverence due at all times to the sacrament, whether within the Eucharistic liturgy or outside the celebration, are to be fostered.