

## Health Precautions, Practices, and Resources Update

With the easing of the pandemic situation worldwide and upon the advice of the Archdiocese of Saint-Boniface, the remaining Health Precautions may be removed at Masses within our archdiocese.

**Therefore, in our parish, Notre-Dame-de-Lorette, distribution of the Blood of Christ will resume on Holy Thursday, April 17, 2025.**

At Sunday Masses, the presentation of the gifts is resumed in its fullness, including the Eucharistic elements of bread and wine. Is it stated in the Catechism of the Catholic Church that "Sunday is the pre-eminent day for the liturgical assembly, when the faithful gather to listen to the word of God and take part in the Eucharist, thus calling to mind the Passion, Resurrection, and glory of the Lord Jesus, and giving thanks to God...". May our renewed commitment to attending Sunday Mass help all overcome the trials of the pandemic, thus deepening our bonds with each other as we find our hope and joy in Our Lord in his Eucharistic presence of the altar.

The Catechism of the Catholic Church also teaches "the sign of communion is more complete when given under both kinds, since in that form the sign of the eucharistic meal appears more clearly."

**PLEASE NOTE that while the Catholic Church teaches that receiving Communion, whether the bread (the Body of Christ) or the wine (the Blood of Christ), is a way to receive Christ whole and entire, you are not obligated to receive the wine (the Blood of Christ) to partake in Jesus' Body and Blood.**

*For more information, please refer to:*

1) Articles 1333-1336, 1355 CCC (Catechism of The Catholic Church)

III. THE EUCHARIST IN THE ECONOMY OF SALVATION - The signs of bread and wine

2) Articles 281 & 282 CCCB website, GIRM

*Communion under both kinds*