

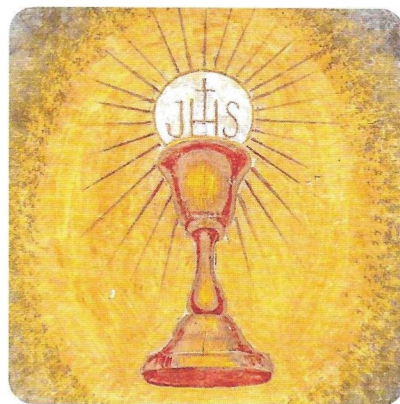
# Dear Padre,

***Do we need both bread and wine to receive Christ's Body and Blood? If I receive only the host—not the Precious Blood—am I participating fully in the Eucharist?***

By only taking the host you are participating fully. And if you only drink from the chalice, you also are participating fully. Christ is always fully present in each form.

Many times, it is not possible to offer the chalice to a large congregation. There are also times when one cannot receive the host, especially a person who is very ill, and consuming the Precious Blood is easier.

In the Church's teaching on the Eucharist, we are invited to receive both. The *Eucharisticum Mysterium* (32) says it is especially fitting to receive Christ in both forms during the celebration of the Eucharist. This allows the Eucharist to appear more perfectly as a banquet, a feast that is a foretaste of the banquet that will be celebrated with Christ at the end of time when the kingdom of God is established in its fullness. In John 6, Jesus invites us to both eat and drink, so it is good to do both if you are able. If you aren't able, or if the chalice isn't offered at your church, you still participate fully by taking the host. Both forms are always present, because the priest must always receive both. ●

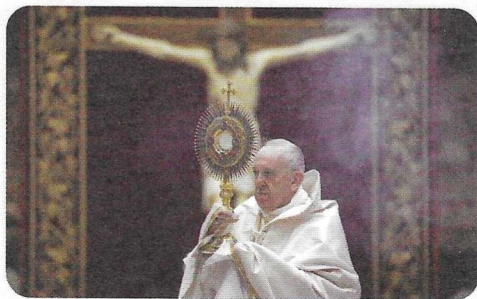


**Fr. Patrick Keyes, CSSR / [DearPadre.org](http://DearPadre.org)**

## Do you have a question for the Padre?

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about *Dear Padre*.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY  |
|---|--|--|--|--|--|---|
| June 3<br><i>St. Charles<br/>Lwanga and<br/>Companions,<br/>Martyrs</i><br>2 Pt 1:2-7<br>Mk 12:1-12 | June 4<br><i>Weekday</i><br>2 Pt 3:12-15a,<br>17-18<br>Mk 12:13-17 | June 5<br><i>St. Boniface,<br/>Bishop and<br/>Martyr</i><br>2 Tm 1:1-3,<br>6-12<br>Mk 12:18-27 | June 6<br><i>Weekday</i><br>2 Tm 2:8-15<br>Mk 12:28-34 | June 7<br><i>Most Sacred<br/>Heart of Jesus</i><br>Hos 11:1, 3-4,<br>8c-9<br>Eph 3:8-12,<br>14-19<br>Jn 19:31-37 | June 8<br><i>Immaculate<br/>Heart of the<br/>Blessed Virgin<br/>Mary</i><br>2 Tm 4:1-8<br>Lk 2:41-51 | June 9<br><i>Tenth Sunday in<br/>Ordinary Time</i><br>Gn 3:9-15<br>2 Cor 4:13-5:1<br>Mk 3:20-35 |



## A WORD FROM POPE FRANCIS

***As we are nourished by the Body and Blood of Christ... we receive his love within us, not to hold it back selfishly, but rather to share it with others. This logic is inscribed in the Eucharist: we receive his love within us and we share it with others. This is the eucharistic logic.***

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