

## DISTRIBUTION OF HOLY COMMUNION AND THE RISK OF INFECTION: GEOFF CHADWICK:

### THE “CANTERBURY METHOD”

A few points to note:

- Sharing of drink containers is the cause of cross infection for many diseases including COVID-19, Glandular Fever, and Influenza.
- Asymptomatic carriers can unknowingly spread the infection.
- Elderly people, pregnant women and the young are particularly vulnerable to cross infection.
- The alcohol content of any drinkable spirit is insufficient to kill bacteria or viruses.
- Silver surfaces are not proven to kill bacteria or viruses.

This means we have to rethink how we distribute Holy Communion.

The following “Canterbury method” has been recommended by the Archbishop’s of Canterbury and York following medical advice. It minimises the risk of infection.<sup>1</sup>

#### The Priest intincts for all of the communicants. ie:

- All Communicants and the Priest sanitize their hands before receiving the bread.
- The Priest intincts a morsal of bread and places it onto each Communicant’s palm.
- More sanitizer is applied if the hands accidentally touch.

Notes:

- A server can stand next to the priest holding the chalice of wine.
- A shallow chalice is preferable but if not, it is a simple matter to tilt it.
- In the absence of a server, the chalice can be place on a stand next to the priest.
- Divided chalices (as used in hospital settings) or intinction chalices are ideal for this method (see the images below).

Please follow this link to see a youtube video of the method.

[Receiving Communion by The Canterbury Method 480p30 \(youtube.com\)](https://www.youtube.com/watch?v=480p30)



<sup>1</sup> See *COVID-19 Receiving Holy Communion in both kinds by simultaneous administration*, The house of Bishops Recovery Group, 1/12/2020  
<https://www.thinkinganglicans.org.uk/wp-content/uploads/2020/12/Holy-Communion-letter-and-guidance-011220.pdf>