

6 April 2022



**The Right Revd Ian Paton**  
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Dear friends,

The recent update on Guidance for Holy Communion issued by the SEC Advisory Group on the Common Cup said:

"The Advisory Group recognises that the possibility of resuming the Common Cup is a significant step and church members should not feel obliged to receive. It remains acceptable to receive in one kind only. If a church wished to re-introduce the Common Cup but felt there might be significant anxiety, there are options that could be adopted, such as making it very clear that communion in one kind is still acceptable or even that those administering it could wipe the chalice with a 70% alcohol-based disinfectant wipe instead of a purificator. This may provide an added degree of protection as well as reassurance to those receiving the Cup."

Congregations and clergy can now discuss whether they wish to resume receiving from the Common Cup provided it is done safely and those who wish to continue to receive in one kind are supported to do so.

Clergy who are concerned about the safety of consuming what remains in the Chalice after others have drunk from it, can be reassured that, if desired, the pouring of the remaining Sacrament into consecrated ground is an acceptable alternative, if done decently and with reverence.

The Guidance does not mention Intinction, 'dipping' of the bread in the wine at Communion. Some have asked me for advice about this practice, and I am advising all churches in this Diocese not to use Intinction, for three reasons:

- There is still a risk of transmitting infection, as it can be hard to prevent fingers from touching the wine when communicating many people. If people try to intinct their own bread, there is even greater risk.
- 'Dipping' is not drinking, the sacramental action commanded by Jesus when he instituted the Eucharist. Although I am not in favour of individual cups, that form of Communion as practised by some other traditions at least involves drinking rather than dipping. Individual cups however, are not part of our tradition, for which the Common Cup is an essential eucharistic symbol.
- It will make it much harder to resume the tradition of the Common Cup for everyone once the level of infections in Scotland becomes far lower than at present.

For these reasons I am asking and encouraging all congregations and individuals in the Diocese, who do not yet wish to resume the Common Cup, to continue receiving in one kind, that is, in the Bread. As it always has been, this is a completely valid and acceptable way of receiving Communion in the Body and Blood of Christ.

Thank you for all that you are doing to help your congregation in this time of change and uncertainty.

With warm regards,