



## DIOCESE OF SAN JOSE

DEPARTMENT FOR EVANGELIZATION  
OFFICE OF WORSHIP

### Intinction Norms

“Intinction,” the practice of dipping the Consecrated Host into the Precious Blood and then receiving the “intincted” host in Holy Communion by the lay faithful is not allowed in the Diocese of San Jose.

The instruction *Redemptionis Sacramentum* (RS) from the Dicastery for Divine Worship and the Discipline of the Sacraments tells us:

The lay faithful, may never intinct the host themselves and then receive: “The communicant must not be permitted to intinct the host himself in the chalice, nor to receive the intincted host in the hand” (RS 104)

U.S. Bishops’ **Norms for the Distribution and Reception of Holy Communion under Both Kinds in the Dioceses of the United States** (Norms) also emphasize this point: “The communicant, including the extraordinary minister, is never allowed to self-communicate, even by means of intinction. Communion under either form, bread and wine, must always be given by an ordinary or extraordinary minister of Holy Communion (Norms 50)

“*Though the option of administering Communion by intinction always remains*” (RS 103), it is to be administered by the clergy themselves, “*lest anything should happen that would be to the detriment of so great a mystery*” (RS 106), the Bishop mandates that, in the Diocese of San Jose, any practice outside the above norms should be discontinued, that is, the lay faithful self-communicating through intinction of the Consecrated Host into the Precious Blood. It is recommended that the clergy present a proper catechesis why such practice is not allowed by the regulation of the Diocese.