

PROCEDURE FOR RECEIVING LOW-GLUTEN COMMUNION HOST

The Vatican requires that there be wheat in all communion bread so the Benedictine Sisters of Perpetual Adoration in Clyde, Missouri have provided a “low-gluten” host that is approved for use at Mass in the United States. It is low enough in gluten to not affect the health of celiacs except in rare cases.

The following method has been used effectively:

The hosts are kept in an area designated in the vesting sacristy, where the celiac can go before mass and put one low-gluten host in a pyx that is only used for the low-gluten hosts (a note is on the top of the pyx to designate it for low-gluten hosts and should not be used for any other reason). There should be more than one pyx available so each celiac will always have one to use. If you would like to receive a low-gluten host for that Mass, you should go into the vesting sacristy and place a host in the marked pyx. The pyx with the host is put in the ciborium with the other hosts but is not touching the regular communion hosts because it is in the closed pyx. It is then consecrated with the other hosts. The priest keeps this pyx with him as he approaches the aisle for distribution of the Eucharist. The pyx should remain closed at this time. The priest will know that someone will be needing the low-gluten hosts since the pyx is in the ciborium, so the priests will make sure to distribute communion on the right side of the main aisle as you face the altar. When you approach the priest in that aisle, he will verbally say “Body of Christ”. You will need to ask him for a low gluten host, and then he will hand you the pyx for you to open and self-communicate since his hands have been handling the “high-gluten” hosts. Then the celiac receives the Eucharist, and hands the pyx back to the priest as there could be more than one low-gluten host in the pyx.

The secretary at the church office should be notified if the low-gluten hosts are running low in quantity so she may order more.

Points to remember:

- Celiacs will be able to receive the Body of Christ because of the hard work the Sisters did originally in creating a low-gluten host that is approved by the USCCB.
- It will be important for the celiac to handle the Eucharist to prevent cross-contamination.
- If you want to receive the Blood of Christ, please proceed as normal.