

Holy Communion for those with Gluten Intolerance Condition

Some people are learning that their digestive systems are unable to tolerate gluten. On grocery store shelves it's easy to find more and more foods that are labeled "Gluten Free." Receiving the typical Communion host can be a problem for these individuals since it contains wheat.

According to Church law to be a valid Communion host, it must contain some portion of wheat. Fortunately, there are some producers of extremely low gluten hosts that are approved by the Church. St. Raymond is now providing a host that contains .01% gluten (1/1000). If you or someone you know has a gluten intolerance condition it is recommended that you either receive Communion from the Precious Blood only or that you use one of these special hosts. They are in a small container at the table at the entrance to the church (where the bread and wine are brought forth from). Place one of these special hosts in your pyx and place your pyx in the bowl containing the regular hosts. At the Communion Rite go to the Presider of the Mass to receive your pyx and Holy Communion.

There are many makers of "hosts" for those with gluten intolerance, but only three producers are approved by the Church. Some of these producers use rice or other ingredients that are not Church approved. In order to be sure that you are receiving a validly consecrated host please use only the hosts we provide. Otherwise you run the risk of not truly receiving the Blessed Sacrament.

If you find that you aren't comfortable receiving a host that is 1/1000 part gluten, then I recommend receiving only the Precious Blood. Please receive from one of the aluminum chalices (not the chalice elevated by the Presider) since during the Communion Rite a small portion of Communion host is commingled with the Precious Blood in the Presider's chalice. I hope these measures for receiving Holy Communion are helpful to our brothers and sisters with gluten intolerance condition.

In Christ,

Fr. Lawrence D'Anjou