



ST. EDWARD THE CONFESSOR
CATHOLIC CHURCH + SAN FELIPE DE JESUS CHAPEL

Holy Communion for Those with Gluten Sensitivity, Gluten Intolerance, or Celiac Disease

St. Edward the Confessor Catholic Church offers two options for parishioners with gluten sensitivity, gluten intolerance, or Celiac disease to receive Holy Communion. Both of these options require permission from the pastor. To request permission, please send an email or a letter with your contact information (name, phone, and email) and which of the following two options you would like to pursue for receiving Holy Communion. Please send or drop off this information to: Father Tony Park tpark@stedward.com. He will review your request with the Pastor and respond to you. Once you have been approved, we will notify the Bishop's office, as required by our diocese, and send you information on next steps.

Option 1 – Low-Gluten Hosts

This option is for parishioners with gluten sensitivity who CAN consume a tiny amount of gluten. Low-gluten hosts have a miniscule amount of gluten in them so that they may still be identified as bread*, which is required for consecration. (We cannot use rice, for example.) It is not necessary to receive an entire host for Communion: even a very small piece of a consecrated host is fully the Body and Blood of Christ. For this option you will need to purchase a small pyx and low-gluten hosts. When we confirm permission has been granted, we will provide information for purchasing a pyx, low-gluten hosts, and guidelines for receiving Holy Communion for this option at Mass.

Option 2 –Holy Communion Under the Species of Wine in Special Chalice

This option is for parishioners who cannot consume any gluten and must avoid drinking from a chalice with possible cross contamination by others who consumed low gluten or regular hosts. If you select this option, we ask that you arrive at least 10 minutes before Mass begins to notify the EM Lead that you want to receive communion from the special chalice for those with Celiac. The EM Lead, who will most likely be in the sacristy setting up for Mass, will set the special chalice (pewter) on the credence table for you and notify the priest. When we confirm permission has been granted, we will approved provide guidelines for receiving Holy Communion for this option at Mass.

**The most recent Church teaching on the use of low-gluten hosts at Mass remains the letter from then-Cardinal Joseph Ratzinger. . . on July 24, 2003 (Prot. n. 89/78-17498), which was addressed to the Presidents of Conferences of Bishops. In that letter, pastors and the faithful are reminded that for bread to be valid matter for the Eucharist, it must be made solely of wheat, contain enough gluten to effect the confection of bread, be free of foreign materials, and unaffected by any preparation or baking methods which would alter its nature. The amount of gluten necessary for validity in such bread is not determined by minimum percentage or weight, though hosts which have no gluten are considered invalid matter for Mass. Excerpt from the Committee on Divine Worship Newsletter, October 2012 © 2012, on the United States Conference of Catholic Bishops website (usccb.org) titled: "Celiac Disease, Alcohol Intolerance, and the Church's Pastoral Response. To see the entire article, visit <http://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/liturgy-of-the-eucharist/celiac-disease-and-alcohol-intolerance.cfm>.*

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