

## **Instructions for Persons with Celiac Disease or Gluten Sensitivities for Receiving Communion at Mass**

Our Catholic Church teaches that *communion under the species of bread or wine alone* “makes it possible to receive all the fruit of Eucharistic grace” (Catechism, #1390). Although the Catechism refers only to ‘bread alone’ in this passage, the pastoral care for those with gluten sensitivities extends this possibility to those who may only be able to receive from the cup at Mass.

Your physical & spiritual health is important to us! Please read the following guidelines to determine how you may best be able to receive communion at Mass:

### **Receiving from the Cup**

- During flu season (after Thanksgiving until end of February) we have a Special Chalice designated for those with Celiac disease or gluten sensitivity on the right side of the church near the Mary statue. While our parish and cup minister emphasize this cup as only for those with gluten sensitivities, we have noted during the flu season when the other cups are eliminated from Mass that some parishioners who have received a host also try to receive from this reserved cup. *Please take this into consideration if you have severe reactions to trace amounts of gluten.*

### **Receiving a Low-Gluten Host (.001% or 10 ppm)**

- A small amount of wheat (gluten) is necessary for the Eucharist to be valid. The parish has low-gluten hosts available in the sacristy freezer in the right-back sacristy. If you would like to receive a low-gluten host, we advise following these steps:
  - o Purchase a **pyx** (Amazon link below)
  - o Arrive to Mass about 10 minutes early and place a low-gluten host from the back sacristy in your pyx, or bring a low-gluten host from home and place it in your pyx (follow the USCCB link below for purchasing valid low-gluten hosts). You can ask the priest or an usher for more instructions when you arrive early to Mass.
  - o Place your pyx with the low-gluten host on the altar on the sheet marked “Low-gluten pyx” before Mass or, if Mass has already begun, place it in the big bowl of hosts on the offertory table (next to left confessional as you walk into church) during a Vigil or Sunday Mass, or directly on the altar during a weekday Mass.
  - o Please inform the priest that your pyx contains a low-gluten host and that you will receive from him during communion.
  - o Enter the priest’s communion line (usually center left aisle). You may need to remind him ‘pyx’ or ‘low gluten.’ He will offer you the pyx, saying, “The Body of Christ.” Say “Amen,” open the pyx, receive the host, then return to your pew.
- Take your pyx home to purify it (by putting a few drops of water in it, swishing it around gently to pick up any remaining particles, and pouring it out in the grass or soil - it’s important not to pour any particles of the Eucharist down the drain.

USCCB Instructions (with links to Low-Gluten hosts):

<http://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/liturgy-of-the-eucharist/celiac-disease-and-alcohol-intolerance.cfm>

Pyx for altar/gift table:

<https://www.amazon.com/Budded-Catholic-Religious-Hospital-Communion/dp/B007SNPODA>