

GLUTEN INTOLERANCE AND PASTORAL CARE

To assist parishioners with Celiac-sprue disease and Gluten Intolerance to receive the Body of Christ at Mass, we recommend the following procedures be used:

- The individual parishioner herself/himself should directly purchase specially made Low Gluten Hosts from the Benedictine Sisters or Parish Crossroads at the addresses listed below.
- Once the Low Gluten Hosts are received in the mail, the parishioner is to keep a supply of them in their home refrigerator/freezer.
- The parishioner is to purchase a pix (small container for the host) and place a label with your name on the bottom of it so that it is identified as yours. Contact our office for this purchase.
- Keep the pix at home and before coming to Mass, place a Low Gluten Host into it and close it, bring it to Mass and place it in the tray on the table inside of the church at the entranceway.
- The tray having the pix with the host will be brought up to the altar by the people at the time of the Presentation of the Gifts at Mass and the Priest will consecrate it without touching it.
- During the Communion Procession, the parishioner is to come forward to the Altar and there a Eucharistic Minister gives the pix unopened to the parishioner and says: "The Body of Christ."
- The parishioner is to self-communicate the Low Gluten Host herself/himself from the pix and then takes the empty pix home.
- Continue this procedure at each weekend Mass and always keep the pix clean at home in preparation of the following weekend Mass.
- This procedure in which no one else but the parishioner handles the Low Gluten Host will insure that it is not contaminated by the Priest or others who are handling Gluten Hosts.
- Another alternative is that the parishioner with Gluten Intolerance may simply receive the Consecrated Wine alone from the Cup Minister instead of the Consecrated Host, which is also a reception of Christ's full presence in the Eucharist.

Thank you, Father Richard

Low Gluten Altar Breads

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Parish Crossroads
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