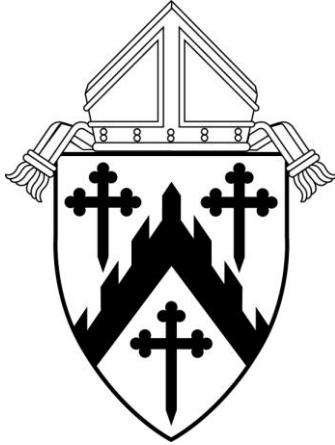


DIOCESE OF DAVENPORT



Policies Relating to the Eucharist and Those with an Intolerance of Gluten and/or Alcohol

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Policy promulgated at the Pastoral Center of the Diocese of Davenport—effective August 21, 2007
Memorial of St. Pius X, pope
Updated November 27, 2011

Most Reverend Martin Amos
Bishop of Davenport

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**§IV-241 POLICIES RELATING TO THE EUCHARIST
AND THOSE WITH AN INTOLERANCE OF GLUTEN AND/OR ALCOHOL**

INTRODUCTION

“Following the example of Christ, the Church has always used bread and wine with water to celebrate the Lord’s Supper” (GIRM 319). However, in recent years, we have become increasingly aware of Catholics who are unable to receive communion due to an intolerance to gluten (the protein in wheat; as in the case of gluten-sensitive enteropathy, or celiac sprue) or to alcohol (whether due to alcoholism or to an inability to metabolize alcohol). It is our hope that, with the publication of this document, those who have had to withdraw from the Table for reasons of health can again receive sacramental Communion. We encourage all—members of the assembly, extraordinary ministers of Holy Communion, deacons, and priests—to be a welcoming and understanding presence to our sisters and brothers who live with these conditions.

If you are a Catholic who has an intolerance to gluten or alcohol, we encourage you to discuss your condition with your pastor or parish life administrator—and explore together whether the following policies may be of benefit to you. If, in the end, even these modifications prove to be insufficient, we pray that you will remain with us—in prayer and in spiritual communion, as we await that day when we will all dine together at the Wedding Feast of the Lamb.

§IV-241.1 Permission for the Use of Low-Gluten Hosts and/or Mustum

While the Church has the power to regulate and safeguard the Sacraments, it has no authority to change the substance of the Sacraments (GIRM 282). In 2003, the Congregation for the Doctrine of the Faith clarifying the question of what constitutes valid matter for the Eucharist (Prot: N.89/78-17498):

- *Hosts that are completely gluten free are invalid matter for the celebration of the Eucharist.*
- *Low-gluten hosts (partially gluten-free) are valid matter, provided they contain sufficient amount of gluten to obtain the confection of bread without the addition of foreign materials and without the use of procedures that would alter the nature of bread.*
- *Mustum, which is grape juice that is either fresh or preserved by methods that suspend its fermentation without altering its nature (for example, freezing), is valid matter for the celebration of the Eucharist.*

The Congregation also stated that it is within the competence of the local Ordinary to grant permission, including habitual permission as long as the condition persists, for the use of low-gluten hosts or mustum on a case-by-case basis. A chart summarizing the options available to priests, deacons, and the faithful who suffer from gluten or alcohol intolerance is included as Appendix A; sources for low-gluten hosts and mustum are listed here:

Low-Gluten Hosts

(37mcg / < 0.01%)

Congregation of Benedictine Sisters of Perpetual Adoration
Altar Breads Department
31970 State Highway P
Clyde, MO 64432
Telephone: 1-800-223-2772
Website: www.benedictinesisters.org

Mustum

Mont La Sale Altar Wine Company
Toll-Free: 800-447-8466

IV-241.1 Policy

Only the Ordinary may grant permission for the use of low-gluten hosts or *mustum*, on a case-by-case basis. Requests for permission must come from the pastor in writing. Upon review, such permission will be granted habitually for as long as the situation continues which precipitated the request.

Lay persons who are gluten- or alcohol-intolerant should inform their pastor of their condition.

For persons who are gluten-intolerant:

- The pastor should discuss with them the use of low-gluten hosts or recourse to communion under the species of wine alone; in all cases, the individual should discuss the use of low-gluten hosts with their physician.
- If the decision is made, after medical consultation, to request the use of low-gluten hosts, permission from the Ordinary must be sought.
- If the person is completely gluten-intolerant, communion should be offered under the species of wine alone, even if it is not the usual practice of the community to distribute communion under both species.

For persons who are alcohol-intolerant:

- The usual practice is to receive communion under the species of bread alone.
- If, after discussion, the pastor understands that the spiritual well-being of the individual necessitates access to communion under both species, he may request permission from the Ordinary for the use of *mustum*.

Procedures

Pastors are to be attentive to the needs of those whose physical condition makes it impossible for them to consume wheat (gluten) or alcohol.

In the formation of extraordinary ministers of Holy Communion, they are to be made aware of this policy and of the precautions required to prevent cross-contamination of the low-gluten host or of the wine with regular hosts.

The following procedures are to be used at Masses when a person with celiac disease or alcohol intolerance is present:

- Storage
 - Low-gluten hosts and *mustum* both have very short “shelf-lives;” only small amounts of each should be ordered as needed.
 - Low-gluten hosts should be stored in the sacristy, clearly labeled, and not come into contact with other hosts.
 - *Mustum* should be refrigerated after opening.
- Before Mass
 - The person with gluten- or alcohol-intolerance should stop by the sacristy and inform the presider (and communion ministers) of their presence.
 - They should preferably sit where they will begin the communion procession.
 - A low-gluten host is put in a pyx and *mustum* is poured into a separate (and easily distinguished) chalice.
- Preparation of the Gifts and Altar
 - The pyx containing the low-gluten host, and/or the chalice containing *mustum*, may be brought in procession with the other gifts.
 - Alternatively, they may be placed on the credence table before Mass and brought to the altar when it is prepared.
- Eucharistic Prayer
 - The vessels containing the low-gluten host and/or *mustum* are left open / uncovered.

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- Fraction Rite and Distribution
 - The presider or deacon should not touch the regular hosts and then handle the low-gluten host; therefore, it is probably best that an extraordinary minister (who does not handle other hosts during the fraction and is willing to receive on the tongue) distribute the low-gluten host to the individual before assisting with general distribution.
- Particular adaptations for persons with “zero-tolerance” for gluten
 - They are to have a chalice from which only they receive; it is to be distinct from other chalices to avoid confusion. The parish is encouraged to provide this chalice rather than insist on the individual purchasing a chalice themselves. Before use, the chalice should be blessed according to the appropriate rite (see *Book of Blessings*, #1360-1387).
 - The individual affected disinfects the chalice at home and bring it to Mass in a sealed plastic bag. The chalice remains in the bag until it is brought to the altar and filled with wine at the Preparation.
 - During the fraction rite, the presider must be careful not to place a particle of the Eucharistic Bread in that chalice.
 - Following his or her communion, one of the ministers brings communion to the person. It should be noted that some individuals with celiac disease are very sensitive to gluten; therefore, the priest (or deacon who has assisted with the fraction) should not handle the special chalice.
 - The chalice is purified and cleaned as usual after Mass, placed in the plastic bag, and returned to the individual for further cleaning at home.

IV-241.2 Policy

For those priests who are intolerant of gluten or alcohol, permission from the Ordinary is required for the use of low-gluten hosts or *mustum*, or to receive communion under a single species (when concelebrating). If the presiding celebrant at Mass, he must receive communion under both species. The conditions under which the priest may serve as sole or principal celebrant or concelebrant are summarized in Appendix 1.

Procedures

When a priest is concelebrating Mass:

If he is intolerant of gluten, he may request permission from the Ordinary to receive under the species of wine alone.

If he is intolerant of alcohol, he may request permission from the Ordinary to receive under the species of bread alone.

When a priest is the sole celebrant:

If he is intolerant of gluten, he may request to use low-gluten hosts. If he is intolerant of alcohol, he may consecrate a separate chalice of *mustum* for his use. If he is unable to tolerate even low-gluten hosts he may not preside at Eucharist.

**Appendix A:
Chart on the Use of Mustum, Low-Gluten Hosts or Wine Alone at Mass
by Priests, Deacons and the Lay Faithful**

The following chart, developed by the USCCB Secretariat for the Liturgy, provides a ready reference for identifying the options for the reception of Holy Communion under the forms of mustum, low-gluten hosts or wine alone by priests, deacons and the lay faithful afflicted with gluten and/or alcohol intolerance. As indicated below, priests should note the ways in which a condition of gluten or alcohol intolerance may affect not only their reception of Holy Communion, but also their roles as celebrants and concelebrants. **Priests are reminded that the permission of their Ordinary is required for the alterations in their roles as celebrants or concelebrants described in the chart below.** Deacons and the lay faithful must seek individual permissions for the use of low-gluten hosts or mustum.

	Options for those who suffer from gluten intolerance	Options for those who suffer from alcohol intolerance	Options for those who suffer from both gluten and alcohol intolerance
Deacons and Lay Faithful	-may receive a small amount of a regular host; or -may use a low-gluten host; or -may receive under the form of wine only.	-may receive a small amount under the form of wine; or -may receive under the form of bread only; or -may use <i>mustum</i> .	-may take a small amount of a regular host; or -may take a small amount under the form of wine; or -may use a low-gluten host and <i>mustum</i> .
Priest as Sole Celebrant * <i>*The principal celebrant must always receive Holy Communion under both forms.</i>	-may take a small amount of a regular host; or -may use a low-gluten host. Otherwise, he may not celebrate Eucharist individually.	-may take a small amount under the form of wine; or -may use <i>mustum</i> . <i>* If the priest is able to take only a small amount of wine, then what remains may be consumed by a deacon or EMHC.</i>	-may take a small amount of a regular host and may take a small amount under the form of wine; or -may use a low-gluten host and <i>mustum</i> . Otherwise, he may not celebrate Eucharist individually.
Priest as Principal Celebrant at a Concelebrated Mass* <i>*The principal celebrant must always receive Holy Communion under both forms.</i>	-may take a small amount of a regular host; or -may use a low-gluten host for himself alone. Other concelebrants should consume regular hosts. Otherwise, he may not be the principal celebrant at concelebration.	-may take a small amount under the form of wine; or -may use <i>mustum</i> for himself alone. Other concelebrants should use regular wine.	-may take a small amount of a regular host and may take a small amount under the form of wine; or -may use a low- gluten host and <i>mustum</i> for himself alone. Other concelebrants should use regular bread and wine. Otherwise, he may not preside at concelebration.
Priest as Concelebrant	-may take a small amount of a regular host; or -may use a low-gluten host; or -if unable to use a low-gluten host, then may receive under the form of wine only.	-may take a small amount under the form of wine; or -may use <i>mustum</i> ; or -if <i>mustum</i> is not available, then may receive under the form of bread only.	-may take a small amount of a regular host; or -may take a small amount under the form of wine; or -may use a low-gluten host and/or <i>mustum</i> .