

Holy Communion for Those With Celiac and Gluten Concerns

I have health conditions related to gluten. Can I receive Holy Communion?

Yes. Corpus Christi offers accommodations during Holy Communion to those who are allergic or intolerant to gluten. You may receive the Eucharist in a low-gluten host from the communion line that forms in front of the priest. If you are unable to tolerate any level of gluten, you may receive the Eucharist from a special chalice that is reserved for communicants with sensitivity to gluten, the minister will be located next to the piano. Please speak to a Mass Coordinator before Mass begins about both options so we can prepare.

What are low-gluten hosts?

The low-gluten hosts used by Corpus Christi are not gluten-free. They are made from wheat, but they have most of the gluten removed during manufacture. These hosts are produced in Poland and sold at St. Patrick's Guild in St. Paul. They contain less than .002% gluten.

Why are gluten-free hosts not available?

The teaching of the Catholic Church requires the bread used in the Eucharistic sacrifice to be made of only water and wheat, in accord with the Biblical account of the Lord's Supper and the tradition of the faith. Truly gluten-free hosts are made from non-wheat substances, and therefore are considered invalid matter for the sacrament.

Will the Church change this discipline in the future?

The Eucharistic celebration is central to our lives as Catholics and the faithful have the right to receive the sacraments from their pastors (Canon 213). The bishops in communion with the pope are the stewards of the sacraments, inviting all to receive in them the grace of Christ, yet also safeguarding the integrity of the mysteries handed onto them from the apostles. Currently, we are still bound to only use wheat bread in the consecration of the Body and Blood of Christ. In 2017, Pope Francis asked the Congregation for Divine Worship and the Discipline of the Sacraments to comment on the issue, which had already been discussed in 2003. The Congregation reiterated the previous decisions. Archbishop Hebda has also continued the current discipline and practice of the universal church. It is important to remember the fact that even when the faithful receive Holy Communion in only one form – meaning only the Host or only the Chalice – they receive all the grace of the Eucharist.

If you have questions, comments, or feedback, please contact our pastor, Father Marc Paveglio, at: frpaveglio@ccmn.org