



ARCHDIOCESE OF PHILADELPHIA

Secretariat for Evangelization

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OFFICE for WORSHIP

The Use of Approved Low Gluten Hosts for Holy Communion

- All parishes and institutions within the Archdiocese of Philadelphia are to have approved low-gluten hosts available for those with gluten allergies and intolerance.
 - *Hosts made from any other products than wheat (gluten) are not valid matter for consecration for the Body of Christ.*
- Those who wish to receive Holy Communion with a low-gluten host should inform the priest celebrant prior to the celebration of Mass.
- The low-gluten host is placed in a pyx reserved for this use and is brought to the altar when it is prepared for the Liturgy of the Eucharist.
 - *The pyx should be opened for the Eucharistic Prayer.*
 - *It is important to keep the low-gluten host separate from the other hosts to be consecrated at Mass.*
- Every effort should be made for those who receive a consecrated low-gluten host to be a part of the Communion Procession without making unnecessary distinctions among communicants. Typically, those who receive a consecrated low-gluten host would be among the first to receive from the priest celebrant or a deacon or an extraordinary minister of Holy Communion.
 - *The communicant never gives himself or herself Holy Communion.*
 - *The pyx is purified with the other sacred vessels after the distribution of Holy Communion or after the celebration of Mass.*
- In some instances, low gluten hosts may need to be consecrated for the sick and homebound. Likewise, these consecrated low gluten hosts should be contained in a pyx reserved for this use.
- In all instances, those with gluten allergies and intolerance should be invited to receive the Precious Blood especially when a low-gluten host is unavailable.