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I. General Norms on Reception of the Eucharist

D. The Use of Low-Gluten Hosts & Mustum for Eucharist

The Sacred Congregation for Doctrine of the Faith (SCDF) has issued norms regarding the use of low-gluten hosts and slightly fermented grape juice (*mustum*) for the celebration of the Most Holy Eucharist. The most recent statement appears below:

July 24, 2003

Prot. 89/78-174 98

Your Excellency:

The Congregation for the Doctrine of the Faith has been for many years studying how to resolve the difficulties that some of the faithful encounter in receiving Holy Communion when for various serious reasons they are unable to consume normal bread or wine.

A number of documents on this question have been issued in the past in the interest of offering Pastors uniform and sure direction (Congregation for Doctrine of the Faith, *Rescriptum*, 15 December 1980, in *Leges Ecclesiae*, 6/4819, 8095-8096; *De celebrantis communione*, 29 October 1982, in AAS 74, 1982, 1298-1299; *Lettera ai Presidenti delle Conferenze Episcopali*, 19 June 1995, in *Notitiae* 31, 1995: 608-610).

In light of the experience of recent years, it has been deemed necessary at this time to return to the topic, taking up the above-mentioned documents and clarifying them wherever necessary.

A. The use of gluten-free hosts and mustum

1. Hosts that are completely gluten-free are invalid matter for the celebration of the Eucharist.

2. Low-gluten hosts (partially gluten-free) are valid matter, provided they contain a 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.

3. 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.

B. Communion under one species or with a minimal amount of wine

1. A layperson affected by celiac disease, who is not able to receive, Communion- under the species of bread, including low-gluten hosts, may receive Communion under the species of wine only.

2. A priest unable to receive Communion under the species of bread, including low-gluten hosts, when taking part in a concelebration, may with the permission of the Ordinary receive Communion under the species of wine only.

3. A priest unable to ingest even a minimal amount of wine, who finds himself in a situation where it, is difficult to obtain or store mustum, when taking part in a concelebration, may with the permission of the Ordinary receive Communion under the species of bread only.

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4. If a priest is able to take wine, but only a very small amount, when he is the sole celebrant, the remaining species of wine may be consumed by a layperson participating in that celebration of the Eucharist.

C. Common Norms

1. The Ordinary is competent to give permission for an individual priest or layperson to use low-gluten hosts or mustum. for the celebration of the Eucharist. Permission can be granted habitually, for as long as the situation continues which occasioned the granting of permission.

2. When the principal celebrant at a concelebration has permission to use mustum, a chalice of normal wine is to be prepared for the concelebrants. In like manner, when he has permission to use low-gluten hosts, normal hosts are to be provided for the concelebrants.

3. A priest unable to receive Communion under the species of bread, including low-gluten hosts, may not celebrate the Eucharist individually, nor may he preside at a concelebration.

4. Given the centrality of the celebration of the Eucharist in the life of a priest, one must proceed with great caution before admitting to Holy Orders those candidates unable to ingest gluten or alcohol without serious harm.

5. Attention should be paid to medical advances in the area of celiac disease and alcoholism and encouragement given to the production of hosts with a minimal amount of gluten and of unaltered mustum.

6. The Congregation for the Doctrine of the Faith enjoys competence over the doctrinal aspects of this question, while disciplinary matters are the competence of the Congregation for Divine Worship and the Discipline of the Sacraments.

7. Concerned Episcopal Conferences shall report to the Congregation for Divine Worship and the Discipline of the Sacraments, at the time of their *ad Limina* visit, regarding the application of these norms as well as any new developments in this area.

Asking you to kindly communicate the contents of this letter to the members of your Episcopal Conference, with fraternal regards and prayerful best wishes, I am

Sincerely yours in Christ,
Joseph Cardinal Ratzinger
Prefect

E. Requesting Permission for Low-Gluten Hosts

In keeping with *SCDF* norms and canon 137§1, the Bishop hereby delegates to pastors the faculty to permit the use of low-gluten hosts for the benefit of a member of the lay faithful unable to receive Holy Communion under the species of the Body of Christ using normal altar breads.

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N.B. As of this time, there is only one source in the U.S. for hosts conforming to the liturgical norms (canon 924§2). These extremely low gluten hosts (less than 10 parts per million), are available from the Sisters of Perpetual Adoration in Clyde, Missouri. The use of any other hosts is **forbidden as constituting invalid matter.**

Those faithful who are affected ought to contact their physician prior to using such hosts lest they endanger their health, and then contact their pastors that arrangements can be made for the use of such hosts.

For further information on these hosts:

http://altarbreadsbenedictinesisters.org/bread/low_gluten.php

TO ORDER THESE HOSTS:

<http://altarbreadsbenedictinesisters.org/bread/orderbread.php>

F. The use of Low-gluten hosts or *mustum* by Priests or Deacons

In the case of clerics (deacons, priests) who have need to use either low-gluten hosts or *mustum*, the *SCDF* norms are to be followed, with the deacon or priest requesting in writing on his own behalf the permission of the local Ordinary.

In all cases the chart from the USCCB below may prove helpful:

#	Affected Persons	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
1	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 mustum.	-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 mustum.
2	Priest as Sole Celebrant* *The priest celebrant must always receive Holy Communion under both forms.	-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 mustum. * If the priest is able to take only a small amount of wine, then what remains may be consumed by a layperson.	-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 mustum. Otherwise, he may not celebrate Eucharist individually.
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3	Priest as Principal Celebrant at a Con-celebrated Mass* *The priest celebrant must always receive Holy Communion under both forms.	-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 preside at a concelebration.	-may take a small amount under the form of wine; or -may use mustum 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 mustum for himself alone. Other concelebrants should use regular bread and wine. Otherwise, he may not preside at concelebration.
4	Priest as a 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 mustum; or -if mustum 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 mustum.

N.B. A priest must receive under both species for the sake of validity (GIRM 237-ff); thus, a priest who will be impeded (by gluten or alcohol intolerance) from receiving either the Body or Blood of Christ is not to celebrate Mass as the only presiding priest or as the principal concelebrant at a concelebration.

Suppliers of low-gluten hosts and *mustum* approved for liturgical use in the United States:

Low-Gluten Hosts

Benedictine Sisters of Perpetual Adoration-Altar Breads Department

31970 State Highway P

Clyde, Missouri 64432

Phone: 1-800-223-2772

e-mail: altarbreads@benedictinesisters.org

For further information on these hosts:

[http://altarbreads@benedictinesisters.org/bread/low gluten.php](http://altarbreads@benedictinesisters.org/bread/low%20gluten.php)

TO ORDER THESE HOSTS:

<http://altarbreads@benedictinesisters.org/bread/orderbread.php>

Mustum suppliers

Ranelle Trading/Ojai Fresh Juice

2501 Oak Hill Circle, Suite 2032

Ft. Worth, TX 76109

Phone: 877-211-7690 (toll free)

Mont La Salle Altar Wine Company

385 A La Fata Street

St. Helena, Ca. 94575

Phone: Toll Free: 800-447-8466