

Parish Crossroads of Indiana. Box 2413. Kokomo. IN. 46901. 800-510-8842. www.parishcrossroads.com

DO YOU OR SOMEONE YOU KNOW SUFFER FROM CELIAC DISEASE OR CELIAC SENSITIVITY?

ARE THEY CONCERNED ABOUT RECEIVING HOLY COMMUNION?

All Catholics need to be aware that the Vatican's Code of Canon Law requires the use of unleavened bread made only from pure wheat flour and water, with the added stipulation that the breads may not contain any other additional nonwheat foreign substances.

However, all Catholics should also know that the Vatican has made special provisions for those suffering from Celiac Disease or Celiac Sensitivity. The Congregation for the Doctrine of the Faith has established "Norms for the Use of Low-Gluten Altar Breads" with the proviso that the breads must contain at least trace amounts of gluten and may not contain any non-wheat products (so as to conform to the requirements of Canon Law).

It should be noted that these "Norms" also make a distinction between gluten-free and low-gluten breads. The "Norms" make it clear that gluten-free breads constitute invalid matter and may not be used in the Catholic Liturgy. Any attempt to use gluten-free breads is a serious matter and would invalidate the Consecration during Mass and would invalidate the reception of Holy Communion. Catholics who suffer from celiac disease can, of course, avail themselves of the option of receiving Holy Communion from the chalice.

Parish Crossroads is pleased to provide Catholics with another option, low-gluten breads that contain less than 20 PPM gluten and are manufactured in a gluten free environment. One should note that the FDA considers gluten content of less than 20 PPM to be gluten free. Our breads are designated as "low-gluten" to ensure that the consumer has prior knowledge of the trace amounts of gluten content in the breads. The "low-gluten" designation also avoids confusion with "gluten-free" wafers made of non-wheat products which are not approved for use in the Catholic Liturgy. We advise anyone with concerns about these breads, to check with their doctor prior to use.

These low-gluten breads are available in boxes of 100 for parish use (L38B), or boxes of 25 individually wrapped breads for personal use when traveling (LGTP). Each item is accompanied by a certificate of authenticity to re-assure the priest that the breads constitute valid matter for the Catholic liturgy. These low-gluten breads conform to the liturgical requirements of the Holy See and have ecclesiastical approval for use in the Catholic liturgy from the US Conference of Catholic Bishops. Further information can be obtained from

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Your Source for Liturgical Altar Breads White, Wheat & Low-Gluten options