



Office of worship
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TO: All Priests, Deacons, Pastoral Associates

FROM: Msgr. Ronald Hayde

**RE: Celiac Disease
Low-Gluten Hosts
The Use of Mustum**

In the Winter/Spring 2004 issue of *Summit and Source*, I included all the available information concerning the use of low-gluten hosts, those who suffer with gluten intolerance, Celiac disease, reception from the cup alone, those who suffer with alcohol intolerance, and the use of mustum.

Bishop Murphy has asked me to send a brief reminder to the priests, deacons, and pastoral associates so that they can pastorally assist those parishioners who may suffer from gluten intolerance, celiac disease, or alcohol intolerance.

You may find it helpful to pass this information along to the Extraordinary Ministers of Holy Communion in your parish.

I hope you will find the enclosure helpful to you and your people.

Christ is “truly, really, and substantially contained” in Holy Communion. His presence is not momentary nor simply signified, but wholly and permanently real under each of the consecrated species of bread and wine.

(Norms for the Distribution and Reception of Holy Communion Under Both Kinds in the Dioceses of the United States of America, n. 8)

1. Persons with Celiac disease or Gluten intolerance

- may receive a small amount of a regular host
- may use a low-gluten host
- may receive under the form of wine only

Some persons are able to receive a small fragment of a host; others are able to tolerate low-gluten hosts; if a person is able to tolerate neither, that person can receive Holy Communion under the form of wine alone.

Some people with Celiac disease cannot even risk the possible contamination from the gluten from the particle dropped in the fermentum, or even the possibility of some gluten being on another person’s lips when they have received from the chalice.

People in this unique situation may ask the priest to consecrate some wine in a separate chalice.

Arrangements will need to be made as to precisely how these persons will receive communion. Every effort should be made to enable these persons to receive during the celebration of Mass, not after.

Low-gluten hosts are available from:

Congregation of 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
Sr. Rita, OSB, Manager

2. Persons who suffer from alcohol intolerance

- may receive a small amount under the form of wine
- may receive under the form of bread alone
- may use mustum.*

3. Persons who suffer from both gluten and alcohol intolerance

- may take a small amount of a regular host
- may take a small amount under the form of wine
- may receive using a low-gluten host
- may receive using mustum.*

**The use of mustum by the lay faithful requires the permission of the Diocesan Bishop. Bishop Murphy has indicated that he would generously give this permission. Persons*

who need to use mustum should contact their pastor, who in turn, will write to Bishop Murphy outlining the situation and requesting permission.

Mustum would need to be consecrated in a separate chalice. Pastoral ministers will need to make careful and respectful arrangements so that those with gluten and alcohol intolerance can receive Holy Communion.

What is mustum? "Mustum" proper is grape juice which contains no additives, is not pasteurized and has a very low alcohol content (less than 1.0%) due to the fact that the fermentation process has been arrested briefly after its start. Mustum may be stored through freezing or other means. Any pasteurized grape juice product, including pasteurized mustum, is invalid matter for Mass, due to the fact that the high temperatures used in such a process evaporate all of the remaining alcohol in the juice.

Mustum may be obtained from

(1) Ranelle Trading/Ojai Fresh Juice Corporation
2501 Oak Hill Circle, Suite 2032
Ft. Worth, TX 76109
Phone: 877-211-7690 (toll free)
E-mail: mike@ojaifresh.com
Contact: Mr. Mike Ranelle, President

and

(2) Mont La Salle Altar Wine Company
385 A La Fata Street
St. Helena, Ca. 94575
Phone: 707-963-2521
Toll Free: 800-447-8466
Contact: Mr. James Cox, President