

**POLICIES AND PROCEDURES REGARDING THE PROVISION AND RECEPTION OF LOW GLUTEN HOSTS  
AT ST. MARGARET MARY CATHOLIC CHURCH, CEDAR PARK**

In recent years, many have worked to foster an increasing awareness of the significant effects of Celiac disease on people's lives. The digestive system of those with this condition is considerably compromised by the consumption of gluten, one of the major ingredients in wheat flour. This is a particular challenge to Catholics, who believe that the celebration of the Holy Eucharist and the reception of Holy Communion are the very source and summit of the Christian life.

St. Margaret Mary Catholic Church has been in contact with an increasing number of parishioners who are affected by Celiac disease and thus, have requested the reception of a low-gluten host at worship in the parish.

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. The gluten content of our low gluten wafer is below 20 parts per million. The baking of the low gluten wafers is done in a dedicated bakery using positive air pressure to create a room that is totally free of contaminants. The equipment is also dedicated to the low gluten baking and is not used for regular altar bread production.

In order to better serve the needs of the faithful in participating in the reception of both sacred species of the Eucharist, the following procedures are now implemented for the use of low-gluten hosts in our worship.

1. St. Margaret Mary Catholic Church will be responsible for purchasing low-gluten hosts and their storage.
2. If you require a low-gluten host, please take one from the side container of low-gluten hosts located at the back table behind the last pew on the right (when facing the altar). Place it into the dedicated ciborium for low-gluten hosts. An usher can help you with this.
3. During the preparation of the gifts, one of the ushers or another minister will bring the ciborium to the altar, where it will remain separate from the ciboria containing other hosts. These low-gluten hosts through the consecration of the sacred species by the priest will become the Body of Christ in the same manner as the other hosts.
4. In order for distribution to the communicant to operate smoothly, we ask that you receive Holy Communion from the deacon's communion line only, in the center aisle (left side when facing the altar). If a deacon is not present, another minister will distribute communion of low-gluten hosts from this location.

It is also worth recalling that the Church teaches that under either species of bread or wine, the whole Christ is received (cf. *General Instruction of the Roman Missal*, no. 282; *Catechism of the Catholic Church*, no. 1390). Thus, the faithful may be confident in the Real Presence of Christ in the Eucharist they receive, even under only one or the other species.

For questions concerning this procedure, please inquire at the office: (512) 259-3126

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