



ROMAN CATHOLIC DIOCESE OF SYRACUSE

OFFICE OF THE BISHOP

240 E. ONONDAGA STREET, SYRACUSE, NY 13202-2608

The liturgy is “the summit toward which the activity of the Church is directed; at the same time it is the font from which all her power flows” (*Sacrosanctum Concilium*, 10). Moreover, “the eucharistic celebration is the action of Christ himself and the Church. In it, Christ the Lord, through the ministry of the priest, offers himself, substantially present under the species of bread and wine, to God the Father and gives himself as spiritual food to the faithful united with his offering” (Canon 899 § 1 of the *Code of Canon Law*).

Please note the following norms, which are taken from the most recent *Circular letter to Bishops on the bread and wine for the Eucharist* issued by the Congregation for Divine Worship and the Discipline of the Sacraments on June 15, 2017:

- “The **bread** used in the celebration of the Most Holy Eucharistic Sacrifice **must be unleavened, purely of wheat, and recently made** so that there is no danger of decomposition. It follows therefore that bread made from another substance, even if it is grain, or if it is mixed with another substance different from wheat to such an extent that it would not commonly be considered wheat bread, does not constitute valid matter for confecting the Sacrifice and the Eucharistic Sacrament” (*Redemptionis Sacramentum*, 48).
- “**Hosts that are completely gluten-free are invalid matter** for the celebration of the Eucharist. 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” (*Circular letter to the Presidents of the Episcopal Conferences regarding legitimate variations in the use of bread with a small quantity of gluten and the use of mustum as Eucharistic matter*, A. 1-2).
- “The **wine** that is used in the most sacred celebration of the Eucharistic Sacrifice **must be natural, from the fruit of the grape, pure and incorrupt, not mixed with other substances**. [...] Great care should be taken so that the wine intended for the celebration of the Eucharist is well conserved and has not soured” (*RS*, 50).
- “**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” (*Circular letter*, A. 3).

Faith • Hope • Charity

- “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” (*Ibid.*, C. 1). The permission for priests and deacons to do so may be obtained from me, Monsignor Elmer, the Vicar General, Father Manno, the Vicar for Priests, or your regional Episcopal Vicar. **The permission for laypeople to do so may be obtained from any presbyter incardinated or legitimately residing in the Diocese of Syracuse to whom I hereby delegate this faculty.**
 - Please remember that **the use of low-gluten hosts and the use mustum are restricted** to those individuals who have a medical need (i.e., celiac disease). They must request them and receive express permission to receive them. Consequently, low-gluten hosts and mustum should not be made available to an assembly indiscriminately. The use of mustum, in particular, is only allowed when a person is incapable of receiving the host *and* cannot receive alcohol.
 - Also, care should be taken to **ensure that low-gluten hosts and mustum are placed in the proper vessels** (e.g., a ciborium, pyx, or chalice, etc.). They are not to remain wrapped in plastic or placed in disposable containers. Ideally, a person with celiac disease should have his or her own pyx in which a low-gluten host can be placed, consecrated, and then distributed. When there are multiple people at Mass who need to receive a low-gluten host, a separate ciborium may be used. **Those who cannot receive low-gluten hosts may receive from the chalice.** A separate chalice may be used for those whose gluten intolerant condition is serious. In any case, it is best to make any necessary arrangements ahead of time.
 - Finally, the **vessels that are used for low-gluten hosts and/or mustum are to be purified in the proper manner**, that is, “by the priest, the deacon, or an instituted acolyte after Communion or after Mass, insofar as possible at the credence table” (*General Instruction of the Roman Missal*, 279).

Thank you for being attentive to these norms. Below you will find a list of three places from which low-gluten hosts may be obtained. If you have any further questions or concerns please contact Father Seibt in the Office of Liturgy (315-470-1420; cseibt@syrdio.org).

In the Name of Jesus,



Most Reverend Douglas J. Lucia
Bishop of Syracuse

Given October 17, 2019
Memorial of Saint Ignatius of Antioch, Bishop and Martyr

Options for Ordering Low-Gluten Hosts

Burgess Church Supply
1900 Brewerton Road
Syracuse, New York 13211
(315) 498-4256

PERMITTED

<https://burgesschurchsupply.com/products/low-gluten-altar-bread>

NOT PERMITTED

<https://burgesschurchsupply.com/products/gluten-free-altar-bread>

Trosset Church Supply
209 Elizabeth Street
Suite 102
Utica, New York 13501
(315) 724-5191

trosset@outlook.com
ask for low-gluten hosts

Benedictine Sisters of Perpetual Adoration
31970 State Hwy P
Clyde, Missouri 64432
(660) 944-2221

<https://altarbreadsbspa.com/>