

GLUTEN-FREE HOST PROCEDURE



1) **Request:**

- a. **Timing:** Anyone needing a gluten-free host must come to the sacristy meeting room 10 minutes before mass to notify any Extraordinary Eucharistic Minister of this special need.
- b. **Sitting in Church:** Those person(s) needing gluten-free hosts should sit in the first few center –right pews near the musicians for ease of flow.
- c. **Preparation:** The Extraordinary Eucharistic Minister will remove the number of gluten-free hosts needed from the small refrigerator in the sacristy meeting room and place them in a **gold paten pyx** (pictured above) located in the cabinet in the sacristy.



2) **Offertory:**

- a. The **gold paten pyx** will be put on the credence table in the back of church at the start of Mass. It will come forward with the wine and large ciborium at the offertory procession.

3) **Distribution:**

- a. **Designated Extraordinary Eucharistic Minister:** The **Assistant Coordinator** will be the designated person to distribute the gluten-free hosts at Communion and will introduce themselves to the person to receive the gluten-free host or the parent of the child receiving.
- b. **Precautions:** The Assistant Coordinator who will distribute the gluten-free host **MUST** receive Holy Communion on the tongue, not in the hand, so they **do not touch a regular wheat host** before they distribute the gluten-free hosts. The priest and the Coordinator of the Extraordinary Eucharistic Ministers will ensure this is followed.
- c. **Positioning for Distribution:** After the Assistant Coordinator distributes the Precious Blood to the Extraordinary EMs standing before the altar, he/ she will return the cup with the purificator to the altar. At the altar he/she will take the gold paten pyx and take position #5 (near the musicians) where those who will be receiving gluten-free hosts will receive them first.
- d. **Distribution:** It is important that those receiving gluten-free hosts receive them in the same manner as those who receive traditional wheat hosts (The Eucharist elevated before them – “The Body of Christ”, to which they respond “Amen”). As always they must consume the Eucharist entirely in front of you.

4) **Cautions:**

- a. Family members of those who are receiving gluten-free hosts who are not Assistant Coordinators for that Mass are not permitted to distribute gluten-free hosts to their family members. This applies even to those family members trained to be Extraordinary Eucharistic Ministers.
- b. An important liturgical principle to maintain is that **no one other than the priest can self-communicate** – that is, give themselves the Body or Blood of Christ.

QUESTIONS: Fr. Carl Braschoss at 610.644.1655 ext 130 or Carlb@stnorbert.org