

## Notes on Bread and Wine for the Eucharist in the Diocese of Kansas City-St. Joseph

“The Eucharist is ‘the source and summit of the Christian life’ (*Lumen Gentium* 11): ‘The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch’ (*Presbyterorum Ordinis* 5).” (Catechism of the Catholic Church 1324).

### General principles

Those who prepare the Eucharist are reminded to take the utmost care to provide the proper matter for the celebration of the sacrament.

The bread for the Eucharist must be made only from wheat flour and water (canon 924 §2). “If it is mixed with another substance different from wheat to such an extent that it would not commonly be considered wheat bread, [it] does not constitute valid matter for confecting the Sacrifice and the Eucharistic Sacrament” (RS 48).

Wine must be from grapes (canon 924 §3). “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.... It is altogether forbidden to use wine of doubtful authenticity or provenance, for the Church requires certainty regarding the conditions necessary for the validity of the sacraments” (RS 50).

Table wines are valid matter if they are made from grapes and have no additives such as sugars, flavors, acids, colorings, preservatives, or extractions from other plants such as cherry or elderberry. In the Diocese of Kansas City-St. Joseph, wine coolers, sangria, and the like whose contents are mixed or doubtful, may not be used at the Eucharist.

Sulfites added in the fermentation process do not impede validity. Eucharistic matter made from genetically modified organisms may be considered valid (Letter to the Prefect of the Congregation for Divine Worship and the Discipline of the Sacraments, 9 December 2013, Prot. N. 89/78 – 44897).

### Questions of Tolerance

Those who cannot tolerate gluten may receive the Body of Christ from low-gluten wafers. Such hosts “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” (CDF Circular Letter A2). Gluten-free wafers, however, are invalid matter for the Eucharist. Rice flour, for example, may not be used for holy communion. Before Mass begins, any low-gluten wafer is to be set on a separate paten or in a pyx so that it does not contact other hosts.

Those who cannot tolerate any gluten at all may receive communion under the form of wine from a chalice from which no one else has yet received at that Mass. The Catholic Church’s doctrine of concomitance teaches that those who receive communion under only one form—bread or wine—are receiving the

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complete Body and Blood of Christ (Norms for the Distribution and Reception of Holy Communion under Both Kinds in the Dioceses of the United States of America 10.)

A priest who cannot tolerate gluten at all may not preside for the Eucharist either individually or at a concelebrated Mass. As a concelebrant, he may receive communion under the form of wine alone with permission of the Ordinary (CDF Circular Letter B2).

Those who cannot tolerate alcohol may receive communion under the form of mustum. Mustum “is grape juice that is either fresh or preserved by methods that suspend its fermentation without altering its nature (for example, freezing)” (CDF Circular Letter A3).

A priest unable to ingest even a minimal amount of wine and who does not have access to mustum may receive communion at a concelebrated Mass under the form of bread alone with permission of the Ordinary (CDF Circular Letter B3).

Any Ordinary may give permission to any Catholic—clergy or lay—to use low-gluten hosts and mustum (CDF Circular Letter C1). In the Diocese of Kansas City-St. Joseph, Bishop James V. Johnston delegates that permission to pastors.

### Resources

Congregation for Divine Worship and the Discipline of the Sacraments, “Circular Letter to Bishops on the bread and wine for the Eucharist,” 15 June 2017, Prot. N. 320/17

[https://www.vatican.va/roman\\_curia/congregations/ccdds/documents/rc\\_con\\_ccdds\\_doc\\_20170615\\_lettera-su-pane-vino-eucaristia\\_en.html](https://www.vatican.va/roman_curia/congregations/ccdds/documents/rc_con_ccdds_doc_20170615_lettera-su-pane-vino-eucaristia_en.html)

Congregation for Divine Worship and the Discipline of the Sacraments, “Instruction *Redemptionis Sacramentum*” On certain matters to be observed or to be avoided regarding the Most Holy Eucharist,” 25 March 2004.

[http://www.vatican.va/roman\\_curia/congregations/ccdds/documents/rc\\_con\\_ccdds\\_doc\\_20040423\\_redemptionis-sacramentum\\_en.html#Chapter%20III](http://www.vatican.va/roman_curia/congregations/ccdds/documents/rc_con_ccdds_doc_20040423_redemptionis-sacramentum_en.html#Chapter%20III)

Committee on Divine Worship, United States Conference of Catholic Bishops, *Newsletter* (October 2012, updated April 20, 2016), “Celiac Disease, Alcohol Intolerance, and the Church’s Pastoral Response.

<https://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/liturgy-of-the-eucharist/celiac-disease-and-alcohol-intolerance>

[http://www.vatican.va/roman\\_curia/congregations/ccdds/documents/rc\\_con\\_ccdds\\_doc\\_20040423\\_redemptionis-sacramentum\\_en.html](http://www.vatican.va/roman_curia/congregations/ccdds/documents/rc_con_ccdds_doc_20040423_redemptionis-sacramentum_en.html) (48 and 50)

Congregation for the Doctrine of the Faith, “Circular Letter to All Presidents of the Episcopal Conferences concerning the use of low-gluten altar breads and mustum as matter for the celebration of the Eucharist,” 24 July 2003, 89/78 - 17498.

[http://www.vatican.va/roman\\_curia/congregations/cfaith/documents/rc\\_con\\_cfaith\\_doc\\_20030724\\_pane-senza-glutine\\_en.html](http://www.vatican.va/roman_curia/congregations/cfaith/documents/rc_con_cfaith_doc_20030724_pane-senza-glutine_en.html)

## Providers of low-gluten hosts

### Cavanagh

610 Putnam Pike

Greenville, Rhode Island USA 02828

Telephone: 800-635-0568 Fax: 800-949-0680

[cavanaghco.com](http://cavanaghco.com)

<https://www.cavanaghco.com/?SID=f91ab0eb46544c3d108e224831463f5f>

### Benedictine Sisters Altar Bread Dept.

31970 State Highway P

Clyde, Mo 64432-8100

Phone:800-223-2772

Fax: 660-944-2132

[www.altarbreadsbspa.com](http://www.altarbreadsbspa.com)

[www.benedictinesisters.org](http://www.benedictinesisters.org)

We will no longer be producing our own regular altar breads as of mid-November 2020. We project to have 3 months of our own breads in inventory and can supply those until they are out of stock. We will continue to produce low gluten altar breads as we were the first to develop this formula approved by the Vatican for use in the Catholic Church.

### Cistercian Sisters located in Praire du Sac WI

[altarbread@valleyoffourlady.org](mailto:altarbread@valleyoffourlady.org)

<https://cistercianaltarbread.com>

### Cistercian Sisters located in Sonoita, AZ

[cistercianab@gmail.com](mailto:cistercianab@gmail.com)

<https://www.santaritaabbey.org/altar-breads>

### Benedictine Sisters located in Westfield, VT

[altarbread@ihmwestfield.com](mailto:altarbread@ihmwestfield.com)

<https://www.ihmwestfield.com>

Gluten Content: 0.016%

### Parish Crossroads

P.O. Box 84 Zionsville, IN 46077-0084

(800) 510-8842

[admin@parishcrossroads.com](mailto:admin@parishcrossroads.com)

<http://www.ParishCrossroads.com>

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Gluten Content: 0.002%

### Gluten Free Hosts

100 Buckley Road Liverpool, NY 13088

(800) 668-7324 Ext. 1

[info@glutenfreehosts.com](mailto:info@glutenfreehosts.com)

<http://www.GlutenFreeHosts.co>

### Providers of mustum

#### The I Donnelly Co., Inc

6601 Troost Avenue, Kansas City, Mo. 64131-5203

816-363-2828

<https://www.idonnelly.com/>

### Mont La Salle Altar Wines

605 Trancas Street Suite C, Napa, California 94558

Phone 800.447.8466 or 707.224.9200

Fax 707.676.8071

Email [john.mtlasalle@att.net](mailto:john.mtlasalle@att.net)

[lyz@vintnersaccounting.com](mailto:lyz@vintnersaccounting.com)

<https://www.montlasallealtarwines.com/>

### Monks Wine & Candles

P.O. Box 681248 Schaumburg, IL 60168

(800) 540-MONK(6665)

[info@monkswineandcandles.com](mailto:info@monkswineandcandles.com)

<http://www.MonksWineAndCandles.com>

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Diocese of Kansas City-St. Joseph