

Low Gluten Communion Hosts

Who can receive low gluten hosts?

People with coeliac disease, an auto-immune condition from ingestion of gluten, one of the proteins found in wheat; or wheat allergy, an adverse reaction to wheat protein which may produce gastrointestinal reactions, asthma, eczema or anaphylaxis.

How much gluten is in low gluten hosts?

The Maitland-Newcastle Diocese sources low gluten hosts that are less than 20 parts per million (ppm) gluten content.

What about Coeliacs with extreme sensitivity to gluten?

Advice from The Coeliac Society of NSW is that, as well as the gluten content, the lightness of a communion wafer is considered in determining a safe gluten level. At less than 20 ppm gluten, a coeliac sufferer might need to consume 1,500 communion wafers in a day¹ to be adversely affected.

Why can't I have gluten free hosts?

In keeping with the belief that Jesus used a wheat bread at the Last Supper, the Code of Canon Law (c.924) requires that communion hosts be made with wheat and, therefore, contain gluten.

Where do I get low gluten hosts?

The coeliac sufferer, or guardian, can register to obtain hosts, at no cost, from the Maitland-Newcastle Diocesan Office.

1. Send a written request to receive low gluten hosts, to the Diocesan Administrator, at PO Box 780 Newcastle 2300 or chancery@mn.catholic.org.au. Your request should state:
 - a. The full name and home address of the person requiring low gluten hosts.
 - b. The medical reason for low gluten needs.
 - c. Postal address for delivery of hosts, as well as phone number and email address.
2. Await acknowledgement that you are on the low gluten host recipient register. An initial jar of 50 hosts will accompany the acknowledgement letter.
3. After registration, further supply of hosts can be obtained by contacting Sharon Murphy on 02 4979 1134 or sharon.murphy@mn.catholic.org.au.

How should I store the hosts?

The hosts will be provided to you in an air-tight container. You can store them in a clean, dark and dry location. They store well in a refrigerator or they can be frozen.

Information sourced from Coeliac Australia, Tarrawarra Eucharistic Breads, Australian Catholic Bishops Conference, May 2012

¹ Indication provided by Coeliac NSW/ACT, May 2012