

## Low-Gluten Host Information

As of Sunday, February 22nd, we will offer a low-gluten host option to communicants who have an allergy to gluten.

Low gluten hosts contain less than 0.001% gluten, are produced in strict adherence to Canon Law, and approved for use by the USCCB. They are made by the Benedictine Sisters of Perpetual Adoration, in Clyde, MO. Low-gluten hosts are always kept in separate containers, in a separate area, from our other hosts.

### Before Mass:

- Please go to sacristy and inform the sacristan of your need for a low-gluten host.
- The sacristan will tell you where he/she will meet you at communion time to administer the low-gluten host.

### At Communion Time:

- When sacristan says “Body of Christ”, you reply “Amen” and you can remove low-gluten host from pyx (to avoid cross-contamination).

Please let us know if you have any further questions.