



**Vatican:**  
**[a consecrated Host]**  
**The sacramental 'Body of Christ' can't be 100% gluten-free**

July 10 (UPI) -- Pope Francis has announced that bread used to represent the Body of Christ in celebrations of the Holy Mass must have [some degree of] gluten.

A letter sent from Cardinal Robert Sarah of the Vatican's Congregation for Divine Worship and the Discipline of the Sacraments on behalf of Pope Francis reminded bishops worldwide about the need to have wheat in the bread [to be consecrated during the conduct of the Mass sacrifice].

*"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," Sarah said. "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."*

*"[In the history of the Catholic Church], it was routinely religious communities that were charged with making the communion wafer for celebrating the Eucharist,"* said Cardinal Robert Sarah.

He continued on to state: *"It is a grave abuse to introduce other substances, such as fruit or sugar or honey, into the bread for confecting the Eucharist."*

Catholics use wine [which is later transubstantiated into the sacramental Blood of Christ] and the Vatican said it must be *"natural, from the fruit of the grape, pure and incorrupt, not mixed with other substances."* For those people who can't medically consume or have an intolerance to wine, they can drink *mustum* (a thick, non-fermented grape juice) [or just not consume from the chalice of the Precious Blood].

In reality, there is no truly 100% "glutton-free" host. Glutton is what helps to hold the bread matter together in a desired form. "Low-gluten 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."

Consequently, parish churches (within the U.S. especially), have designated and approved sources from which it can routinely order "low-glutton" hosts; to enable parishioners who follow a low or gluten-free diet out of medical necessity (i.e., Celiac disease or gluten sensitivity) to still receive Holy Communion under both species (both the Body and the Blood of Jesus Christ).