

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

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*To their Eminences / Excellencies
The Presidents of the Episcopal Conferences*

Your Eminence / Excellency:

The Congregation for the Doctrine of the Faith has been for many years studying how to resolve the difficulties that some of the faithful encounter in receiving Holy Communion when for various serious reasons they are unable to consume normal bread or wine.

A number of documents on this question have been issued in the past in the interest of offering Pastors uniform and sure direction (Congregation for the Doctrine of the Faith, *Rescriptum*, 15 December 1980, in *Leges Ecclesiae*, 6/4819, 8095-8096; *De celebrantis communione*, 29 October 1982, in *AAS* 74, 1982, 1298-1299; [*Lettera ai Presidenti delle Conferenze Episcopali, 19 June 1995*](#), in *Notitiae* 31, 1995, 608-610).

In light of the experience of recent years, it has been deemed necessary at this time to return to the topic, taking up the above-mentioned documents and clarifying them wherever necessary.

A. The use of gluten-free hosts and mustum

1. Hosts that are *completely* gluten-free are invalid matter for the celebration of the Eucharist.
2. Low-gluten hosts (*partially* gluten-free) 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.
3. *Mustum*, which is grape juice that is either fresh or preserved by methods that suspend its fermentation without altering its nature (for example, freezing), is valid matter for the celebration of the Eucharist.

B. Communion under one species or with a minimal amount of wine

1. A layperson affected by celiac disease, who is not able to receive Communion under the species of bread, including low-gluten hosts, may receive Communion under the species of wine only.
2. A priest unable to receive Communion under the species of bread, including low-gluten hosts, when taking part in a concelebration, may with the permission of the Ordinary receive Communion under the species of wine only.

3. A priest unable to ingest even a minimal amount of wine, who finds himself in a situation where it is difficult to obtain or store mustum, when taking part in a concelebration, may with the permission of the Ordinary receive Communion under the species of bread only.

4. If a priest is able to take wine, but only a very small amount, when he is the sole celebrant, the remaining species of wine may be consumed by a layperson participating in that celebration of the Eucharist.

C. Common Norms

1. The Ordinary is competent to give permission for an individual priest or layperson to use low-gluten hosts or mustum for the celebration of the Eucharist. Permission can be granted habitually, for as long as the situation continues which occasioned the granting of permission.

2. When the principal celebrant at a concelebration has permission to use mustum, a chalice of normal wine is to be prepared for the concelebrants. In like manner, when he has permission to use low-gluten hosts, normal hosts are to be provided for the concelebrants.

3. A priest unable to receive Communion under the species of bread, including low-gluten hosts, may not celebrate the Eucharist individually, nor may he preside at a concelebration.

4. Given the centrality of the celebration of the Eucharist in the life of a priest, one must proceed with great caution before admitting to Holy Orders those candidates unable to ingest gluten or alcohol without serious harm.

5. Attention should be paid to medical advances in the area of celiac disease and alcoholism, and encouragement given to the production of hosts with a minimal amount of gluten and of unaltered mustum.

6. The Congregation for the Doctrine of the Faith enjoys competence over the doctrinal aspects of this question, while disciplinary matters are the competence of the Congregation for Divine Worship and the Discipline of the Sacraments.

7. Concerned Episcopal Conferences shall report to the Congregation for Divine Worship and the Discipline of the Sacraments, at the time of their *ad Limina* visit, regarding the application of these norms as well as any new developments in this area.

Asking you to kindly communicate the contents of this letter to the members of your Episcopal Conference, with fraternal regards and prayerful best wishes, I am

Sincerely yours in Christ,

Joseph Card. Ratzinger
Prefect