



The Eucharist for Parishioners with a Gluten Intolerance:

For those who have a gluten intolerance, the Benedictine Sisters of Perpetual Adoration offer a communion host that contains less than 0.0001% gluten. These low gluten hosts are approved by the Catholic Church. St. Luke's parish has purchased a limited number of these unconsecrated hosts. We are happy to help you get started on having your own supply of hosts, as well as get new **pyx**, the small container for your host.

Please be sure to check with your physician first to see if this small amount is acceptable for you to receive.

To receive yours, please email **Julie Basque** at pastoralassociate@stlukes-parish.org or call and leave a message for her at 508-366-8509, ext. 4.



Pyx on the left; bag of 50 low-gluten hosts on the right.

How to Receive a Low-gluten Host at Mass

1. Once you have your own pyx and low-gluten hosts, you must put your name on the bottom of your pyx so that Father can learn your name, and to ensure you get back your own pyx.
2. Before coming to Mass, place one host in your pyx. Arrive a bit early, as we ask that you approach Fr. Riley before Mass in the sacristy to give him your pyx. If Mass has already started, please see one of our ushers to help ensure that your host is consecrated at Mass.
3. Please approach the alter for Communion in the priest's line so that he can personally give you your consecrated low-gluten host. He will take the host out of your pyx, give you Communion, and return your pyx to you.



Front and back views of a pyx; please put your name on the back.