

Chancery
1247 Kilborn Place
Ottawa ON K1H 6K9

La Chancellerie
1247, place Kilborn
Ottawa ON K1H 6K9

t 613 738-5025
e 613 738-0130
archottawa.ca



MEMO

To Pastors and all priests exercising ministry in the Archdiocese of Ottawa :

You are reminded that, for **validity**, the bread for Communion **must be made substantially of wheat flour**. Clerics and lay persons with celiac disease are permitted to use **low gluten hosts**. **Gluten free hosts are invalid matter** (Canon 924, §2; GIRM: Chapter VI, 320; Congregation for the Doctrine of the Faith, letter, July 24, 2003).

When necessary, Holy Communion may be given under the species of wine alone (Canon 925; CDF, reply, October 29, 1992, in AAS, 74, 1298-1299). An example of a case of necessity would be when someone is unable to consume the consecrated host due to a medical condition such as celiac disease.

The Canadian Conference of Catholic Bishops has an article on its web site concerning celiac disease (CCCB, **Celiac Disease and Communion** September 25, 2006). The following information is extracted from the article.

Places that provide low gluten hosts:

Sisters of the Precious Blood
Altar Bread Department
P.O. Box 1046, LCD 1
Hamilton, Ontario L8N 3R4
Phone: (905) 527-9851
Fax: (905) 527-2888

Congregation of Benedictine Sisters of Perpetual Adoration
Altar Bread Department
31970 State Highway P
Clyde, MO 64432
U.S.A.
Phone: 1-800-223-2772 (toll-free)

We have confirmed that **LITURGICA INC.** also provides low gluten hosts. These are made with less than .01 per cent of wheat starch and meet the requirements of the Holy See. These are not to be confused with the gluten free hosts which **LITURGICA INC.** also sells and are invalid matter. If you wish to buy from **LITURGICA INC.** the product number is 21038. The price is \$22.95 for a package of 100 low gluten hosts.

Contact information for LITURGICA INC.

1260 Old Innes Rd., Unit 602,
Ottawa ON K1B 3V3
Phone: (613) 745-1537 / Fax: (613) 745-3338

Yours sincerely in Christ,
The Chancery