

Celiac-Sprue: Catechizing the Parish

Bulletin Inserts

Part I

What is Celiac Sprue?

Persons with Celiac Sprue disease are unable to properly digest gluten, a protein found in grains such as wheat, rye and barley. Gluten is not found in rice, corn or millet. Celiac Sprue is a genetic autoimmune disease. If a person receives a small amount of gluten, it will affect the intestines and cause severe permanent damage to the individual's healthy. Most persons with Celiac Sprue must adopt a gluten-free diet in order to remain healthy. This means changing their communion practices.

Part II

Communion and Celiac Sprue

Persons with Celiac Sprue can receive communion in one of two ways. First, by way of low-gluten hosts which cannot come into contact with regular hosts. The second way is for those who cannot tolerate any gluten. They receive only from a designated chalice, because a particle of host or the gluten from other persons lips can "contaminate" the chalice. The persons come forward to communion with the ministers of communion and receive with them. Persons with Celiac Sprue should speak with the pastor of their parish in order to have communion be an experience of hospitality and inclusiveness.

Full Text: Parts I & II

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