



# Praenotanda

## From the Office of Divine Worship THE USE OF MUSTUM AND LOW-GLUTEN HOSTS AT MASS

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The Congregation for the Doctrine of the Faith and the Congregation for Divine Worship and the Discipline of the Sacraments have been trying to resolve the difficulties that some of the faithful encounter in receiving Holy Communion when for various reasons they are unable to consume normal bread and wine. New norms have recently been issued regarding the use of mustum (grape juice in which fermentation has begun) and low-gluten hosts (made solely of wheat with only enough gluten to effect the confection of bread).

The congregation reminds the faithful that those who are unable to receive Holy Communion under the species of “bread” may receive Holy Communion under the species of “wine” alone. This is an important reason that Holy Communion be offered under both species at all Masses celebrated. While it had previously been only under the authority of the local bishop to permit the use of mustum and low gluten-hosts, the Congregation for the Doctrine of the Faith has granted that the provision of this may now be granted to pastors (Canon 137.1).

Since there is a distinction made between clergy and the faithful in the use of mustum and low-gluten hosts, the Chart provided by the Bishop’s Committee on the Liturgy is reprinted in this edition of Praenotanda. The documentation for this is found in the November 2003 edition of the BCL Newsletter which may be found either at the USCCB website or on request from the Office of Liturgy.

### **Chart on the Use of Mustum, Low-Gluten Hosts or Wine Alone at Mass by Priests, Deacons and the Lay Faithful**

The following chart, developed by the Secretariat for the Liturgy, provides a ready reference for identifying the options for the reception of Holy Communion under the forms of mustum, low-gluten hosts or wine alone by priests, deacons and the lay faithful afflicted with gluten and/or alcohol intolerance. As indicated below, priests should note the ways in which a condition of gluten or alcohol intolerance may affect not only their reception of Holy Communion, but also their roles as celebrants and concelebrants. Priests are reminded that the permission of their Ordinary is required for the alterations in their roles as celebrants or concelebrants described in the chart below. Deacons and the lay faithful must seek individual permissions, as noted above, for the use of low-gluten hosts or mustum. (November 2003)

#		<b>Options for those who suffer from gluten intolerance</b>	<b>Options for those who suffer from alcohol intolerance</b>	<b>Options for those who suffer from both gluten and alcohol intolerance</b>
1	<b>Deacons and Lay Faithful</b>	-may receive a small amount of a regular host; or -may use a low-gluten host; or -may receive under the form of wine only.	-may receive a small amount under the form of wine; or -may receive under the form of bread only; or -may use mustum.	-may take a small amount of a regular host; or -may take a small amount under the form of wine; or -may use a low-gluten host and mustum.
2	<b>Priest as Sole Celebrant *</b>  *The priest celebrant must always receive Holy Communion under both forms.	-may take a small amount of a regular host; or -may use a low-gluten host. Otherwise, he may not celebrate Eucharist individually.	-may take a small amount under the form of wine; or -may use mustum.  * If the priest is able to take only a small amount of wine, then what remains may be consumed by a layperson.	-may take a small amount of a regular host and may take a small amount under the form of wine; or -may use a low-gluten host and mustum.  Otherwise, he may not celebrate Eucharist individually.
3	<b>Priest as Principal Celebrant at a Concelebrated Mass*</b>  *The priest celebrant must always receive Holy Communion under both forms.	-may take a small amount of a regular host; or -may use a low-gluten host for himself alone. Other concelebrants should consume regular hosts.  Otherwise, he may not preside at concelebration.	-may take a small amount under the form of wine; or -may use mustum for himself alone. Other concelebrants should use regular wine.	-may take a small amount of a regular host and may take a small amount under the form of wine; or -may use a low-gluten host and mustum for himself alone. Other concelebrants should use regular bread and wine. Otherwise, he may not preside at concelebration.
4	<b>Priest as Concelebrant</b>	-may take a small amount of a regular host; or -may use a low-gluten host; or -if unable to use a low-gluten host, then may receive under the form of wine only.	-may take a small amount under the form of wine; or -may use mustum; or -if mustum is not available, then may receive under the form of bread only.	-may take a small amount of a regular host; or -may take a small amount under the form of wine; or -may use a low-gluten host and/or mustum.