

A photograph of two priests in white vestments with yellow stoles performing the Eucharist. The priest on the left is holding a silver chalice, and the priest on the right is holding a round, textured host. They are standing behind a table with a white cloth, which has a chalice and a host on it. The background is a dark wood paneling.

LITURGICAL MINISTRY  
serving together to build community in Christ

# LOW GLUTEN HOSTS

[STMARYALEXANDRIA.ORG/LITURGICAL-MINISTRY](http://STMARYALEXANDRIA.ORG/LITURGICAL-MINISTRY)

## LITURGICAL MINISTRY

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### Low Gluten Hosts

The Catholic Church teaches that the practice of the Eucharist should be in continuity with Jesus, who ate wheat bread and drank grape wine, describing them as his body and blood.

For those who are gluten intolerant, we have Low Gluten Hosts available in the Sacristy. They have less than .002 gluten and are produced in strict adherence to Canon Law.

The low gluten hosts and the pyx (containers used to hold a host) are stored in the Sacristy in a special container that is kept away from the others hosts and pyx to prevent contamination.

For more information and training, please visit with a Sacristan in the Sacristy (where servers and priests dress) thirty minutes before Mass begins.



The Church of  
St. Mary