



## Memorandum

**From:** Rev. Theodore Book, Director, Office of Divine Worship  
**Date:** August 15, 2007  
**To:** All Priests and Deacons  
**Re:** Eucharistic Matter

In conjunction with his letter permitting the use of low-gluten hosts, Archbishop Gregory has requested that I provide some notes regarding the bread and wine used in the celebration of the Eucharist. This is a subject of some importance, because the use of improper matter may not only render the Eucharist illicit, but in some cases, also invalid.

### Some Notes on Matter for the Eucharist

#### Bread for the Celebration of the Eucharist

Canon 924 states that: "The bread must be wheaten only, and recently made, so that there is no danger of corruption." This is expanded on somewhat by the instruction *Inaestimabile Donum*, which adds that the bread must be unleavened, that by its consistency it should "appear as actual food," but that it should retain the traditional form or shape. No ingredients other than wheaten flour and water may be used in the preparation of the bread. The instruction adds that "the preparation of the bread requires attentive care, to ensure that the product does not detract from the dignity due to the Eucharistic bread, can be broken in a dignified way, does not give rise to excessive fragments, and does not offend the sensibilities of the faithful when they eat it." (*Inaestimabile Donum*, 8) Altar breads prepared in conformity with the Church's norms can be obtained from a number of sources.

#### Low Gluten Breads

The low gluten hosts referred to in Archbishop Gregory's decree are hosts which conform to the description above – that is, they are made from only wheaten flour and water. Most of the gluten is removed from the flour before confection, but a small quantity remains, which means that the use of these hosts may be inappropriate for individuals whose medical condition requires that they consume no gluten at all. Such individuals may communicate from the chalice. Hosts made from grains other than wheat, or hosts from which all gluten has been removed or to which other ingredients have been added are not permitted as matter for the celebration of the Eucharist. Low gluten hosts prepared in accordance with the Church's norms can be obtained from various sources, including:

Congregation of Benedictine Sisters of Perpetual Adoration  
Altar Breads Department  
31970 State Highway P  
Clyde, Missouri 64432  
Phone: 1-800-223-2772  
e-mail: [altarbreads@benedictinesisters.org](mailto:altarbreads@benedictinesisters.org)  
[benedictinesisters.org](http://benedictinesisters.org)

#### Wine for the Celebration of the Eucharist

Canon 924 states that: "The wine must be natural, made from grapes of the vine, and not corrupt." *Inaestimabile Donum* further specifies that "The wine for the Eucharistic celebration must be of 'the fruit of the vine' and be natural and genuine, that is to say not mixed with other substances." (*Inaestimabile Donum* 8). Many commercially available wines have other substances such as sugars or preservatives added, and so are not appropriate matter for the Eucharist. Only wine which is certified to be prepared in accordance with Church law should be used in the mass. Such wine is available from a number of sources.

Office of Divine Worship

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