

Receiving Communion at St. Hilary's with Gluten Allergy

First steps include the purchase the appropriate type of host for your situation and a pyx to contain it.



Here is an example of a pyx:

Companies listed below are the USCCB approved distributors of low-gluten hosts:

<i>Distributor</i>	Benedictine Sisters of Perpetual Adoration Altar Breads Department	Parish Crossroads	GlutenFreeHosts.com Inc.
<i>Address</i>	31970 State Highway P Clyde, MO 64432-8100	P.O. Box 84 Zionsville, IN 46077-0084	100 Buckley Road Liverpool, NY 13088
<i>Phone number</i>	(800) 223-2772	(800) 510-8842	(800) 668-7324 ext. 1
<i>Email</i>	altarbreads@benedictinesisters.org	admin@parishcrossroads.com	info@glutenfreehosts.com
<i>Website</i>	www.BenedictineSisters.org Select "Altar Bread" and then "Order on-line" from the top navigation of their website.	www.ParishCrossroads.com Select the "LOW-GLUTEN TRAVEL PACKS for individuals." See their website for additional ordering details.	www.GlutenFreeHosts.com Select the "Gluten Free Hosts for Catholics".
<i>Gluten content</i>	0.01%	0.016%	0.002%

When you come to Mass:

1. Remind the priest having Mass that you will receive the pyx during Communion time.
2. With a low-gluten host in your pyx, place your pyx in the Communion bowl found on the gifts table in the back of church before Mass begins.
3. Make sure you are in the Communion line for the priest as he will be the one who has your pyx and appropriate host.