



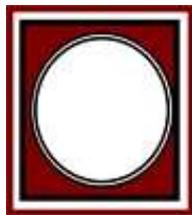
**Parish Crossroads**

Suppliers of Liturgical Altar Breads



## **About Low-Gluten Altar Breads**

*Low-gluten* altar breads that contain less than .01% gluten are available to churches across the United States for use in the Catholic Liturgy and the reception of Holy Communion. These wafers are made from wheat starch with 99.99% of the gluten removed and conform to the requirements of The Holy See.



All Catholics should be aware that The Vatican's Code of Canon Law requires the use of unleavened bread made only from pure wheat flour and water with the added stipulation that the breads may not contain any other additional non-wheat foreign substances.

The Vatican has made special provisions for those suffering from Celiac Disease. The Congregation for the Doctrine of the Faith has established "Norms for the Use of Low-Gluten Altar Breads" with the proviso that the breads must contain at least trace amounts of gluten (so as to conform to the requirements of Canon Law) and may not contain any non-wheat products. The *low-gluten* breads offered by Parish Crossroads conform to these requirements and have ecclesiastical approval.

It should be noted that these "Norms" also make a distinction between *gluten-free* and *low-gluten* breads. The "Norms" make it clear that *gluten-free* breads constitute invalid matter and may not be used in the Catholic Liturgy. Any attempt to use *gluten-free* breads is a serious matter and would invalidate the Consecration during Mass and would invalidate the reception of Holy Communion. Catholics who suffer from celiac disease may also avail themselves of the option of receiving Holy Communion from the chalice.

Parish Crossroads does not sell altar breads directly to individuals. Individuals who are interested in receiving Holy Communion using these low-gluten breads should contact their local parish office who in turn will contact us to place an order. More information can be obtained from [www.parishcrossroads.com](http://www.parishcrossroads.com) or by calling 1-800-510-8842 or by writing to Parish Crossroads, P.O. Box 2413, Kokomo, IN, 46904.