
January, 2018



Dear Parishioners,

This IS My Body!” & “This IS My Blood!” You and I, at the very core of our being, we are a Eucharistic People! Starting with all of the regular weekend Masses, on January 13 & 14, 2018, St. Albert’s will begin adding one additional Eucharistic minister on both the Church side AND on the Chapel side to offer the Consecrated Low Gluten Host to those who need this. Again; one extra minister Church side. One extra on Chapel side.

“The Eucharist is ‘the source and summit of the Christian life’, as we read in Lumen Gentium, one of the documents from the Second Vatican Council.” ‘The other sacraments, and indeed all church ministries , are bound up with the Eucharist and are oriented toward it. For, in the Blessed Eucharist is contained the whole spiritual good of the Church, namely Christ Himself, our Pasch.”

“The Eucharist is the efficacious sign and sublime cause of that communion in the divine life and that unity of the people of God by which the Church is kept in being. It is the culmination both of God’s action sanctifying the world in Christ and the worship men [and women] offer to Christ and thru Him to the Father in the Holy Spirit.”

“Finally, by the Eucharistic celebration we already unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all.”1324-1326 ccc.

These passages from the Catechism of the Catholic Church can give us a true picture of how deeply we hold this precious teaching on the Eucharist and how important the Eucharist is to each one of us! But for some who were born with, or developed over time, a sensitivity to the gluten which is found in all bread, this becomes a physical block in receiving our Lord in the Eucharist. Receiving the Consecrated Host for these individuals, something for which they long for with their very souls, can actually cause them physical illness. You may have seen Archbishop Schnurr, when offering Mass, only take a very small particle of the host, as he, too, has this allergy.

Peanut & other food allergies today are more common & can present themselves as serious health risks. **Fortunately there exists low-gluten altar breads (contains less than .0025) that have been approved by the Church for use at Mass.** These altar breads which appear very much like regular altar breads, are consecrated at Mass just like the full gluten altar breads the church has always used. But they must be kept totally separate from the other altar breads so as to not pick up any particles of gluten. We recognize our fellow Catholics in their desire to receive our Lord in the Eucharist. Our parish Worship Commission has formulated the following to accommodate our fellow parishioners who may have this allergy / intolerance for gluten.

So, again, starting with all of the regular weekend Masses, on **January 13 & 14, 2018**, this parish will begin adding one additional Eucharistic minister on both the Church side AND on the Chapel side to offer the Consecrated Low Gluten Host to those who need this.

Our goal is to offer, **“...the Blessed Eucharist, containing the whole spiritual good of the Church...”** **to those with the gluten allergy who cannot now receive the Consecrated Host.** These added stations for Eucharistic ministers will be near the Tabernacle, on the church side, and on the chapel side, near Mary’s statue. The individual who receives the Low Gluten Consecrated Host can then choose to receive from the Cup of Precious Blood, already located in that area. It is important for everyone to know, that this condition, this food allergy can present serious health issues. Since the consecrated low gluten altar breads will be far fewer in number than regular Consecrated altar breads, and must be kept separate, we ask that only those who need to will receive the low gluten Consecrated Hosts.

“Take and eat, for this is My Body.”

I cannot personally imagine not receiving our Lord on a regular basis. May we keep each other in prayer! Might you be one of the persons receiving the low-gluten hosts? Why not let myself, Fr. Chris, Deacon Dave or a worship committee member know.

Fr. Pat Welsh, Associate Pastor
