

# Offering Alternatives

## Non-Alcoholic Grape Juice Alternative to Wine

At The Episcopal Diocese of Northern California's 2015 Clergy Conference, [Bishop Barry Beisner](#) announced that priests may consecrate and serve grape juice as an alternative to wine at Holy Communion for people who are alcohol-intolerant. This has been common practice at Episcopal Churches throughout the country for years. In this diocese, consecrated grape juice is offered at Sunday services of Holy Eucharist at [Trinity Episcopal Cathedral in Sacramento](#) and at [St. Paul's Episcopal Church in Sacramento](#).

Please contact [the Rev. Anne McKeever](#) via email at [amckeever@wavecable.com](mailto:amckeever@wavecable.com) to discuss this practice.

## Rice Wafers for the Gluten-Intolerant & Grape Juice for the Alcohol-Intolerant

There are helpful methods that Episcopal Churches can use to inform communicants about how to receive rice wafers for the gluten-intolerant and/or grape juice for the alcohol-intolerant.

Some churches create stations, others encourage one arm over the chest (rather than both arms crossed on the chest to indicate a request for a blessing only) to indicate the communicant requests an alternative: a gluten-free wafer or non-alcoholic grape juice.

### Helpful Examples:

An example of a way for communicants to indicate the preference for grape juice at the altar rail: <http://stdavidemanuel.org/service-times/>

Another example of a way for a parish to explain that wine, grape juice and gluten-free wafers are available at services: <http://stjohnslogan.com/what-to-expect/>