

Ways to Offer Alternatives at Holy Communion

To improve Holy Communion, it is best to accommodate the needs of people who are gluten-intolerant and/or wine-intolerant. A suggested plan to accommodate these needs and offer alternatives, includes ensuring that everyone coming forward, first, has a choice of bread or a gluten-free wafer. Then, indicate that everyone may go either left or right to seek wine or grape juice. Please see the diagram below.

We recommend that the chalices for grape juice be different in appearance from the wine chalices. For example, if the wine chalices are silver, the grape juice chalices* could be clear glass or ceramic.

**Tip: White grape juice is preferred as it does not leave stains on the purificators.*

