

## Sacramental Theology and “Low Gluten” v. “Gluten Free”

A recent clarification from the Vatican on valid matter for Holy Communion has been causing a general stir in the news lately. And though I have gotten no specific feedback, I thought this might be a good time to address the issue in our parish, more for clarity's sake than for instruction. Before I go any further, I would like to quickly review Sacramental theology.

Those of you who studied the Baltimore Catechism can probably recite the definition of a *Sacrament* by heart: A *Sacrament* is on outward sign, instituted by Christ to convey grace. Sacraments have *form* and *matter*. In other words, there are actions and sometimes words and some *material* reality. In the Sacrament of the Holy Eucharist, the *form* is what we commonly call the *words of institution* - Jesus' own words at the Last Supper, so at Mass, the priest, *in the person of Christ*, says, “This is my Body...This is the chalice of my Blood...” that is the form of the Sacrament of the Eucharist. The *matter* (or material) for the Sacrament of the Eucharist is bread and wine, more specifically *wheat* bread and *grape* wine. If the proper form (*words of institution*) is not used or if valid matter (*wheat* bread and *grape* wine) is not used, then there is no Sacrament, and the elements on the altar simply do not become the Body and Blood of Christ. This is very basic Catholic Sacramental Theology regarding the Eucharist. It is not new, it is not earth-shattering, it is what we have always held.

The confusion lately has to do with the use of *low-gluten* hosts for those who have been diagnosed with *celiac* disease. Over the past twenty years or so, medical doctors have identified a disorder whereby certain people's bodies are intolerant to *gluten*, a constituent chemical element found in wheat (and other grains). In some people the reaction is so severe that they even express concern about cross-contamination, and may not even eat from dishes washed in the same water as that used to wash dishes that have touched bread, though very few *celiac* patients present a reaction so severe. Nevertheless, for a host to be *valid matter* for the Eucharist, it **must contain some gluten**. The **Benedictine Sisters of Perpetual Adoration** at Clyde, MO have developed a low-gluten altar bread which has been approved as *valid matter* and is often used for Communion for those diagnosed with *celiac*. How safe are these hosts for *celiac* patients? According to a recent article in the Washington Post, “In 2004, Alessio Fasano, director of the Center for Celiac Research at the University of Maryland, said that one of the Benedictine Sisters' low-gluten wafers contained such low gluten that someone with *celiac* disease would have to consume 270 wafers daily to reach a danger point.”

Some companies make and market *Gluten Free* communion breads (probably made from rice flour), but these are *not valid matter* and may not be used at the Holy Sacrifice of the Mass. In this regard, using proper language is extremely important because “low-gluten” and “gluten free” do not mean the same thing! This is the primary reason the Vatican issued this recent clarification. We have parishioners who have a *legitimate medical need* to severely limit the amount of gluten they may consume. Some of them receive low-gluten hosts at Holy Communion while others choose to forego the host and simply receive from the chalice - which is a legitimate - and practical - option, since the whole Risen Christ: Body, Blood, Soul and Divinity; is present under either species of Holy Communion.

- Fr. Joseph Totton

### Mission Appeal - Dalit Christians of India: July 22-23, 2017

Father Gudime, a missionary priest from India will be making the Mission Appeal on behalf of Bishop Neethinathan, Chairperson for the Dalit Christians who are known as "the Outcaste" in India with the existence of the caste system. Father will be speaking during all masses about the discrimination and injustice that the Christians have been going through in India on a daily basis due to their faith in Jesus. He will be seeking your generous support to educate the Christian children who otherwise would end up with school drop-outs, child-labor and child- trafficking. You can make huge difference in the lives of these children to have a good childhood and a decent future. The poor and the marginalized always live in hope - Hope of ever becoming better when they could rise up as equal to other fellow human beings. This hope is realized through people like you. For more information: [www.dalitchristianscbci.org](http://www.dalitchristianscbci.org)



# ST. JOSEPH CHURCH

**Fr. Joseph Totton**

**Administrator**

### Mass Times

**Saturday: 6 pm Sunday: 8 am**  
**Confessions: 1/2 hr before Mass**  
**Office 816-473-2011**

**P.O. Box 197**

**107 North Shortridge**  
**Easton, MO 64443**  
**816-294-9841 - Fr. Joe's cell**

### Mission Statement

**We the members  
of Saint Joseph  
Catholic parish,  
will strive to be  
the reflection of  
Jesus in this  
particular time  
and place.**

### Cemetery Board

*Ed Fisher*

*Mike Roth*

*Steve White*



**15th Sunday in Ordinary Time**

### Parish & Finance Councils

*Jim Adams*

*Stacy Brown*

*Jim Ingles*

*Rosalie Ingles*

*Tony Kauzlarich*

*Marge Kinney*

*Julie Moran*

*Dennis Ottinger*

*Jordan Roth*

*Mike Roth*

*Wayne Weipert*

Email: [stjosephchurch@centurytel.net](mailto:stjosephchurch@centurytel.net)

Website: [stjosepheaston.org](http://stjosepheaston.org)

Fr. Joe's email: [fathertotton@gmail.com](mailto:fathertotton@gmail.com)

Office Manager: Marge Kinney

Hall Rental: Marge Kinney

### To Protect our Children:

To Report Abuse - Jenifer Valenti 816-812-2500

Victims' Advocate - Kathleen Chastain 816-392-0011

[chastain@diocesekcsj.org](mailto:chastain@diocesekcsj.org)

July 16, 2017



**July 16- 8 am Mass**

**Greeter:** Hubert Gregory

**Lectors:** Jim Ingle & Jan Pottier

**Ministers:** Paul & Jan Pottier  
Marylou Euler & Wayne Weipert

**Counters:** Richard & Mary Ann LaFollette

**Mass Intentions**

**Saturday, July 15 + Felicia Bober**  
By: Marge & Bill Kinney

**Sunday, July 16 + Rose Ann West**  
By: Jan Pottier

**Saturday, July 22 + Delbert Harvey**  
By: Steve & Pat Culver

**Sunday, July 23 + Sara Harrington**  
By: Ann Burton

**BIRTHDAY**

|               |           |
|---------------|-----------|
| Stacy Brown   | July 21st |
| Fred Corkins  | July 23rd |
| Emily Crouse  | July 23rd |
| Jay Pflugradt | July 23rd |

**ANNIVERSARY**

|                       |           |
|-----------------------|-----------|
| Blaise & Amber Kriley | July 16th |
| Scott & Lisa Antle    | July 19th |

**Congratulations and Best Wishes Everyone!**

# Ministry Schedule

**July 23- 8 am Mass**

**Greeter:** Jim Ingle

**Lectors:** Scott Antle & Jim Barber

**Ministers:** Hubert Gregory , Doug ottinger  
Jim & Diane Barber

**Counters:** Paul & jan Pottier

**Mark your Calendars!**

**Parish & Finance Council:** July 13- 6 pm - Rectory

**Altar Society:** Parish Hall after Donut Sunday

**Hand Linens:** July/Aug: Nannette Wolford

**Donut Sunday:** Aug 6 - Richard & Mary Ann LaFollette

**Knights of Columbus:** 5067-1st & 3rd Thursday 7 pm

**Rosary on 3rd Thursday 6:30 pm**

**Larry Tatro, Grand Knight**

**Recitation of Rosary - 2nd weekend of the month**  
20 minutes before Mass

The Diocese of Kansas City-St. Joseph is committed to combating sexual abuse in the Church. If you are a victim of sexual abuse, or if you observe or suspect sexual abuse:

1. Call the Missouri Child Abuse Hotline at 1.800.392.3738 (if the victim is currently under the age of 18), and
2. Contact your local law enforcement agency or call 911, and
3. After reporting to these civil and law enforcement authorities, report suspected sexual abuse of a minor or vulnerable adult to the Diocesan Ombudsman, Jenifer Valenti, at 816.812.2500 or [JeniferValenti@att.net](mailto:JeniferValenti@att.net), if the abuse involves a priest, deacon, employee or volunteer of the Diocese of Kansas City-St. Joseph.

The Diocese has a sincere commitment to providing care and healing resources to victims of sexual abuse and their families. Please contact Victim Advocate, Kathleen Chastain, at 816.392.0011 or [chastain@diocesekcsj.org](mailto:chastain@diocesekcsj.org) for more info.

**FAMILY VOCATION DAY**  
Saturday, August 19, 2017, 7:30am 3:30pm  
St. Therese Parish, Parkville, MO

Come be inspired by religious (sisters and brothers) and priests. Experience prayer, learn more about the consecrated life, ask questions, and have a lot of fun throughout the day. His Excellency, **Bishop James V. Johnston, Jr.** will celebrate the Holy Sacrifice of the Mass at 8:30 a.m. Light breakfast and lunch will be provided. The cost is \$5 per person or \$30 per family. All ages are welcome to attend– there will be tracks for young adults, parents, and children by age group. For more information go to: [kcpriest.org/events/family-vocation-day-august-19-2017](http://kcpriest.org/events/family-vocation-day-august-19-2017)

# Weekend Collection July 2 & 3, 2017

While I am recuperating from foot surgery there will be no accounting of monies for the bulletin. I will put the amounts in the bulletin as soon as I get back. Thank you..

**2nd Collection: Aug 29 & 20 - Diocesan Life & Justice**

**COLLECTIONS:**

**JulyTo Date: \$ 4,597.95**  
**July Budget: \$ 7,191.52**

**Year-To-Date: \$106,761.09**  
**Year Budget: \$ 96,298.36**

**48th Annual St. Patrick's Mexican Fiesta**

The 48th Annual St. Patrick's Mexican Fiesta is

Friday, August 4th from 5 pm - 11 pm

Saturday, August 5th from 1 pm - 11pm

On the St. Patrick's parish grounds.

This year's Fiesta will feature numerous carnival rides and games.

Pre-sale tickets will be provided at a **discounted rate** of \$1.00 per ticket and will be available in the St. Patrick's parish office, 1723 S 12 St. in St. Joseph (816) 279– 2594. Ticket prices will be \$2.00 on the days of the Fiesta, so get your tickets now .

All of our Catholic community please consider spending an hour with our Lord at MIR Chapel of the Holy Rosary!

We are in need of committed adorer's and substitute adorer's, please visit and pray with our Lord to increase your personal relationship with HIM. The peace we are seeking – the world does not offer!

In Jesus' love, MIR Board of Directors

**CATHOLIC CHARITIES OF ST. JOSEPH NEEDS YOUR HELP!**

One of the Catholic Charities' mission is to provide basic needs to families who can't afford the essentials.

CC's cupboards are in need of the following items: laundry soap, dish soap, bleach, paper towels, toilet tissue, Kleenex, deodorant, shampoo, soap, tooth paste, tooth brushes, diapers, baby wipes and other items for personal hygiene needs.

Just drop them in the box in the back of the church marked "Catholic Charities" at your convenience.

Thank you for your generosity to help those in need that live in our surrounding area.

**Prayer Corner**

*"To everything there is a season and a time...for every purpose under Heaven." Ecc. 3-11*

*"...a time to heal..."*

**Jon Clark, Mildred Ottinger, and Jane Everett**

**Ten Life-Changing Days in the Holy Land during Lent 2018**

*A 10-Day Holy Land Tour From Kansas City, Missouri, February 26 to March 07 2018 with Father Ben Kneib from St. Columban's in Chillicothe.*

The tour begins with arrival in Tel Aviv and includes a visit to Nazareth/Cana of Galilee/ Mount Tabor, the Sea of Galilee, Jericho, the Dead Sea, Shepherd's Field/Bethlehem, the Old City of Jerusalem, and the Mt. of Olives/Mt. Zion.

Package price of \$3,390.00 from Kansas City, Missouri includes roundtrip airfare, accommodations, two meals daily, private bus and more.

For additional information visit [stcolumbanonline.org](http://stcolumbanonline.org) and click on "pilgrimage" under the Church News tab.

**Have you ever wondered why Catholic priests don't marry?**

Listen for it!

A new radio series will begin airing soon on KEXS Catholic Radio, 1090 AM that discusses Priestly Celibacy.

**Fr. William Korte and Mr. John Harrison** (married father of 5), will show how the Church has affirmed this apostolic tradition and custom from Christ throughout history, despite the attacks against it. They will also relate the misunderstanding of this matter to the current crises in parish and family life, and in both the religious and married vocations.

The show will run on Wednesdays at 3:30 pm and will re-air later in the week.