

Christ the King  
Procedure for receiving Low -Gluten Hosts at Mass

It is up to the individual with the gluten intolerance to do the following:

1. Obtain a medical note from your doctor confirming your need to avoid wheat products for health reasons.
2. Send a letter requesting permission to receive the Eucharistic species of the Body of Christ using a low-gluten host, along with the medical note from your doctor, to:

Deacon John Cameron  
Catholic Diocese of Lansing  
228 North Walnut Street  
Lansing, MI 48933-1122

Be sure to include in your letter that you are requesting to receive low-gluten hosts at Christ the King Parish in Ann Arbor, along with our address:

Christ the King  
4000 Ave Maria Drive  
Ann Arbor, MI 48105

3. Your petition will be reviewed by the Bishop and a letter of permission, if granted, will be sent directly to you. (Please keep in mind that the approval process may take several weeks.)  
If the Diocese grants you permission to begin receiving low-gluten hosts, please forward a copy of that letter to Christ the King, attention Sue Miller.
4. Once we are in receipt of the letter of permission from the Diocese of Lansing, you will be contacted with instructions on how to begin receiving low-gluten hosts at Mass at Christ the King.