

News Release

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Benedictine Sister to appear on National Public Radio’s “Good Food” program

CLYDE, Mo. - Benedictine Sister of Perpetual Adoration Lynn D’Souza will appear on the Easter weekend edition of “Good Food,” a program produced by National Public Radio’s KCRW in Santa Monica, Calif.

The station serves more than half a million listeners in the areas of Los Angeles and Orange counties.

Sr. Lynn will chat with program host Evan Kleiman about the Benedictine Sisters’ discovery of a low-gluten altar wafer, which allows people suffering from a wheat allergy to be able to share in their church’s Eucharist ceremony.

Celiac disease is a digestive disorder triggered by gluten, a protein found in wheat, barley and other grains. After a decade of trial and error, the sisters eventually produced an altar bread that is safe for consumption by sufferers of Celiac disease yet is also in compliance with the strict guidelines of Canon Law.

The interview is scheduled to air during “Good Food’s” Easter show beginning at 11 a.m. (PST) on Saturday, April 7. With a nod to technology, anyone can listen to the show live by logging onto the station’s Web site at www.kcrw.com and clicking on the 'Live' icon located at the top of the screen.

The show will also be available by podcast at www.kcrw.com/podcasts since all shows are archived after they air.

As the only producers of the low-gluten altar bread in the United States, the sisters' customers include churches from many denominations around the world. Sales of low-gluten breads began in 2004 and have jumped from 260 parishes and individuals to more than 2,000 satisfied customers today.

The Benedictine Sisters, the largest religious producers of communion wafers in the nation, have produced altar breads for almost a century. It serves as their main source of income and allows them to lead a monastic life devoted to prayer and celebration of the Eucharist.

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