

# University of Notre Dame Religious Bulletin

November 18, 1931

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## More Objections to Daily Communion---III

"I am too lazy to go daily."

ANSWER. Which means that you are probably in college only because you are too lazy to go to work. There are such people, but we don't envy them their ambition.

"When I went daily I lost my appreciation of the Sacrament."

ANSWER. And when you take your three meals a day you lose your appreciation of food. Why don't you stop eating for a month in order to appreciate your meals more? Don't come back with the argument that you use ordinary means of grace for daily needs, and save Holy Communion for extraordinary needs and occasions, just as you have banquets only at rare intervals. The Holy Father has recommended Holy Communion as our daily Food of the soul; the "banquet extraordinary" is the rare precious act of sacrifice to which the soul can rise when it draws fruit from daily Communion.

"I lose respect when I go frequently."

ANSWER. Then there is something wrong with your manner of approach. If the argument were true, you should lose respect for your parents through daily contact with them. If properly used, the Sacrament should change fear, servile fear, to love; and there is a possibility that therein lies the nub of the argument. If through daily Communion you learn to love God as one of your own, and lose the sense of His being a Stranger, the Sacrament is producing its proper fruit. The Jansenistic heresy made respect, not love, the apex of devotion; and by so doing, killed the love of God in the hearts of men, and kept them from the graces they needed.

"My companions don't go."

ANSWER. Is there a police order against your choosing different companions? One very elementary test of character is choice of companions. Suppose you meet a sudden end, as some students do; will those companions help you then? You can find anything you look for in the way of companionship at Notre Dame—from the best to the worst. Why do the worst come here? That's a problem. Some of them

respond to the call of the Holy Ghost and become of the best; others become worse than they were before by virtue of the graces they resist. The story of their later life is usually an unlovely one.

"I can't keep it up when I get out of school."

ANSWER. Some do; some don't. It lies pretty much with the individual, at least in cities. But suppose you can't. If you were offered \$100,000 a year to be president of a corporation for four years, would you turn it down because you couldn't keep it up after four years? Or would you salt it away for the four years and let the rainy days take care of themselves? You can store up graces just as you can save money—better than that, for if you lose your money once it doesn't come back, but if you lose the state of grace, when you recover it you recover all the merit that was washed out when you fell into mortal sin.

"I am afraid it will become a habit."

ANSWER. You could have worse habits. But don't think that a state of ecstasy on your part is essential to the validity of the Sacrament. Like the other Sacraments, the Holy Eucharist works *ex opere operato*, which means that its principal fruit comes from the Sacrament itself, and not from the dispositions of the recipient. The subject of the Sacrament must place no obstacle to grace, of course; but just as the baptism of an infant produces its effects of grace and infused virtue without the subject being conscious of them, and the anointing of an unconscious man produces its effects, so does the reception of Holy Eucharist work in the soul in which there is no obstacle. Grace is increased, of course, by the prayers and dispositions of the recipient of Holy Communion (or *ex opere operantis*), but the great fruit of the Sacrament comes from Christ Himself working within you.

Go while you have the chance. If the going gets tough, ask a priest for suggestions. He will suggest thoughts and reading matter that will keep up your devotion.

### PRAYERS

Ray Connors, '31, lost his father during the summer. Deceased relatives of Edw. Weinheimer and Jos. Murray. Four special intentions.

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**Battle of the Century --- Sorin vs. Corby, Sunday --- Tickets on Sale Tonight**