

Questions About Holy Communion.

1. How often should a daily communicant go to confession?

Reply: Frequent and daily communicants should confess their sins every week or ten days. Pope Pius XII in his encyclical on the Mystical Body addressed a paragraph to priests on this very point. He enjoined on all priests the obligation of preaching frequent confession to all classes of people.

Confession is not only a source of forgiveness of sin, it is also a means of obtaining a very special strengthening grace from Christ. It is through confession that Christ works to keep evil tendencies in check. The more frequent the confession the more will the soul profit from this fruitful activity of Our Saviour.

2. Is Holy Communion of any profit to the body?

Yes, very much so. One of the prayers the priest says at Mass before consuming the Sacred Host includes a petition for health of body through Communion: "Let not the partaking of thy Body, O Lord Jesus Christ, which I, though unworthy, presume to receive, turn to my judgment and condemnation; but by thy mercy may it be profitable to the safety and health both of soul and body....."

The remarks made by St. Teresa of Avila should inspire all those who are sick to seek Holy Communion, as often as possible, as a remedy for illness. "Do you not believe that this most holy Food is beneficial nourishment even for the body and a remedy for even physical ailments? Personally, I am sure that it is. I know a person who was afflicted with serious infirmities, and who frequently endured the most acute pains. However, when she received Communion, she was instantaneously cured of these ills, as though by the touch of one's hand. This favor was granted to her frequently. And what is more, her maladies were so apparent that I do not see how they could have been pretended".

In the Notre Dame infirmary and in all Catholic hospitals Holy Communion is distributed daily. The sick person needs simply to inform the nurse about his desire to communicate, and word will be left with the chaplain on duty.

3. At Notre Dame may one eat after midnight, until 12:15 A.M., and still be permitted to receive Communion later in the morning?

Reply: In the South Bend area there is no leeway for communicants. The Church permits one to use midnight suntime where it is to one's advantage. In certain sections of the country there is always an advantage of a few minutes or more. But the fact that such an advantage exists must be known with certainty before leeway is taken; moreover, since the leeway varies in different places and in different times of the year, certainty must also be obtained about the extension. You must use clock midnight when you are in doubt.

When daylight Saving Time is in effect, the Communion fast may begin at 1:00 A.M. clock time.

PRAYERS: (deceased) uncle of B.J. Bedard (Ly); John L. Propst, ex. '47, Sheldon, Iowa, died in service April 16, '45. (Ill) Father Robert Sweeney, CSC, hospital.

PRAY FOR ALL THOSE WHO HAVE NOT MADE THEIR EASTER DUTY