
Mitigating The Eucharistic Fast.

Reason: The Pope's principal motive in issuing the new Constitution liberalizing the Eucharistic fast, according to a competent authority, is his concern to facilitate Communion for the sick, for workers, for mothers of families, and for children of all conditions. The instruction states that, while granting the new privileges, the Pope at the same time confirms the present norms of Canon Law regarding the Eucharistic fast. It adds that all those capable of observing the present regulations of Canon Law should continue to do so.

The New Principle: "Ordinary water, without the addition of any element whatsoever, does not break the Eucharistic fast." This is the only unqualified statement in the new regulations. Should you accidentally take water after midnight; or should you have any reason for drinking water after midnight -- you do not break your fast. The Pope notes that those who have never felt the inconvenience of abstaining from water should continue to abstain. But, if you have a reason, you may take water up till the time of Communion.

Liquid Nourishment: The faithful are permitted to take something in the form of non-alcoholic liquid nourishment (coffee, tea, milk, fruit juices, etc.) up to one hour before receiving Communion -- but only if certain conditions prevail, and if the confessor or some other qualified priest declares that you qualify for the privilege. The conditions are:

- 1) That you engage in energy-sapping work before Communion (or)
- 2) That you receive Communion at 9 a.m., or later (or)
- 3) That you travel at least one and one-fourth miles on foot

For Workers: Night workers are permitted up to one hour before Communion to take a non-alcoholic liquid. The same privilege is granted to those who spend the night watching, such as nurses, hospital personnel, police, etc.

Mothers: The same privilege is enjoyed by mothers of families who must attend "for a long time to household duties before being able to go to church."

The Sick: are permitted to take medicine prescribed by a physician, or commonly recognized as such, after the hour of midnight. It must be taken as medicine, not as nourishment. The sick need not be confined to bed to be eligible for this privilege. This would include people with an ulcer, upset stomach, a severe headache, etc. Even here "the condition must be prudently evaluated by the confessor; and without his consent no one may take advantage" of this dispensation. His judgment will remove doubts in your own mind.

Liquids: The liquids must always be non-alcoholic. They may be taken up to one hour before receiving Communion.

For all cases whatever: The directive states clearly that the conditions of the one hoping to take advantage of the privileges "must be prudently considered by the confessor (or other priest qualified to hear the confession). Without his consent no one may take advantage of them."

PRAYERS Deceased: uncle of Pete Raimondi (Off-Campus); father of Bill Herber, '50; father of John Bierbusse of Dillon; Dr. Frank Toepp, Ill; sister of Joe Azar of Dillon; friend of Jack McMahon of Merrissey; Father Leo L. Ward, C.S.C. remains in a critical condition (heart attack); relative of Fr. Frank Cavanaugh, C.S.C.

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