

Tonight at 6:45
Novena to the
Mother of Sorrows

University of Notre Dame
Religious Bulletin
March 4, 1955

Tomorrow: First Saturday --
Fatima Devotions in private.

Some Questions On The Eucharist

Query: In the Eucharistic fast law which says that under certain conditions a person may take liquid nourishment before receiving Holy Communion, what liquids are said to be included?

Reply: With the exception of alcoholic drinks, this provision of the law includes all types of liquid nourishment -- i.e., all the things that are taken in the manner of drink which do not contain solid food, such as coffee and tea (with sugar and cream, or milk), chocolate drinks, milk, soft beverages, fruit juices, vegetable juices, clear broths and clear soups, etc.

For the reception of Communion at a morning Mass, a person may not avail himself of the privilege of taking these liquids without the expressed permission of a confessor for a reason mentioned in the law. For the reception of Communion at an evening Mass, one may take these liquids up to an hour before receiving without special permission. Natural water at any time, and in any amount, never breaks the fast.

Query: When does the Eucharistic fast begin at Notre Dame?

Reply: In the absence of any particular ruling from the Chancery Office since Notre Dame adopted Eastern time, you may safely presume that it is permissible to regulate your day according to sun-time, if you so desire, and thus begin the Eucharistic fast at 1 a.m. according to the Eastern-time clock.

Query: May I take medicine before Communion?

Reply: With the permission of a qualified priest, you may take medicine before Communion. No time limit at all is specified between taking the medicine and receiving Communion.

Query: If I go to the 10:15 or 11:15 Masses on Sunday here on campus, may I stop at the dining hall earlier in the morning and take liquid nourishment, and then receive Communion at Mass?

Reply: No. You must first present your case to a qualified priest. He will judge whether or not you qualify with extenuating circumstances to receive Communion after taking liquid nourishment. If he judged there were sufficient reason in your case to avail yourself of the privilege, you would then be required to fast for one hour before receiving Communion.

Remember This: You are never to presume permission for these privileges. In the absence of specific permission, the original regulations for the reception of Communion prevail -- except for water which never breaks the fast. It is also to be remembered that you should not be bashful about asking for permission to avail yourself of the privileges when you feel you have a solid reason to do so. For the purpose of the Holy Father in mitigating the Eucharistic fast was to enable, and to encourage, more to the faithful to receive Our Lord worthily and reverently.

Query: In terms of minutes, what's a decent preparation for and thanksgiving after receiving Communion outside Mass?

Reply: Since it is the most important act in the day for anyone with a firm faith in the Real Presence, and with a sense of respect for the great privilege that is his; and with a keen desire to make his Communion fruitful; and with a sense of gratitude for God's goodness to him -- for such a person preparation, reception, and thanksgiving should take about 15 minutes.