

November 17, 1922.

Preparation for Holy Communion.

This preparation is remote and proximate.

The best remote preparation is a good, virtuous life, and the practice of prayer and self-denial. Each Communion should be made a preparation for the next one and a thanksgiving for the last.

The proximate preparation is both corporal and spiritual.

The corporal preparation consists in the fast from midnight. Presentable attire should be worn when approaching the Holy Table.

The best spiritual preparation is the hearing of Mass. When this cannot be done, some time should be spent in acts of faith, hope, charity, desire, humility and contrition and in devout aspirations.

The Law of the Church.

"Whereas the Sacraments of the **New Law**, though they take effect ex opere operato" (Through their own intrinsic power on the soul in the state of grace) "nevertheless produce a greater effect in proportion as the dispositions of the recipient are better. Therefore, care is to be taken that Holy Communion be preceded by careful preparation, and followed by a suitable thanksgiving, according to each one's strength, circumstances and duties." -- Decree of Pius X on Daily Communion, December 20, 1905.

Monsignor de Segur Says:

"What a wonderful metamorphosis there would be in our colleges and public schools if frequent Communion could be established there. Experience shows what is the influence of Communion on a young man's daily life. There is no vice which regularly frequenting the Sacraments will not extirpate, there is no moral resurrection beyond its power to effect."

It might be added (and this concerns us more at Notre Dame) that it builds up the virtue and spiritual power that should mark the Catholic layman.
