

Recalling The Eucharistic Fast Rules

Some confusion still persists in the minds of many regarding changes in the Eucharistic fast. Here are some rules you should know:

- 1) The fast begins at midnight by the clock. No leeway if permitted here, as in various parts of the country at various times during the year.
- 2) Water does not break the fast. Therefore anyone may drink water as many times as desired, up to the moment of receiving Communion.
- 3) Certain privileges are now extended under specified conditions:
 - a) No fast prescribed: for persons who are sick, even if not confined in bed. They may take something in the form of drink (excluding alcohol) if by reason of the sickness they cannot remain fasting until Communion without real inconvenience. They may also take true medicine, either liquid or solid, (but not including alcohol). Solids taken for nourishment are not considered true medicine. No time limit is prescribed -- i.e. the medicine may be taken immediately before Communion if necessary.
 - b) One hour of fast: is prescribed for 3 classes of people who now have the privilege of taking liquid nourishment before Communion.
 - 1) Those engaged in exhausting labor during the night (nurses, watchmen, night-shift workers, etc.) for whom even the first morning Mass is relatively late; mothers of families who must attend to household duties for a long time before being able to receive.
 - 2) Those for whom the time of Communion is relatively late, such as for children who find it difficult to return home for breakfast after receiving Communion, then go to school. For others who rise early, 9 a.m. may be considered relatively late.
 - 3) Those who must travel to church ($1\frac{1}{4}$ miles afoot, or proportionately longer if riding).

Remember: The Holy Father urges that all who can do so observe the normal Eucharistic fast. Hence, you should ask to use these privileges only if a real inconvenience is present. It should also be noted that all privileges indicated above (except the water item) are available only after a personal consultation with a competent priest. Thus, your confessor will answer all your questions regarding personal application.

Communion Outside Mass

The practice of distributing Communion every few minutes, here at Notre Dame, may give the impression that Mass is relatively unimportant. You are to infer no such thing. Your Communion should really be part of the Mass. Reception at any other time is tolerated only because you are unable to receive at Mass. Nor should you ever omit some few minutes of preparation, or of thanksgiving. Give at least five minutes before receiving, and five minutes after Communion, to Our Lord. These are the most important moments of your day.

PRAYERS -- Deceased: mother of Paul Pfohl of Dillon; grandmother of Bill (Cavanaugh) and Bob (Walsh) Rigali. Ill: mother of Tom Armstrong of Dillon, 3 Sp.Ints.