

University of Notre Dame
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Hardy Perennial !

Every time we change clocks, all manner of confusion results for those concerned with the Eucharistic fast. Remember this: Daylight-saving time is an arbitrary arrangement, and does not bind you, if you choose to regulate your day according to the natural sun-time.

Hence, you may now eat solids until 1 a.m. (daylight time). You may even eat meat on Thursday evening until 1 a.m. (daylight time).

You may also gauge your day according to daylight-saving time, and eat meat after midnight on Friday evening, reasoning that Saturday has already begun; that Friday abstinence is no longer binding.

But When Does Midnight Begin ?

Question: Is it always midnight, sun-time, when the clock strikes twelve?

Reply: No. In some places in the United States, sun-time gives an advantage.

When you go back home, do there what your parish priest tells you to do on this score. If he says you may give yourself 10, or 15, or even 20 minutes leeway after 12 o'clock, clock-time, take his word for it.

But in the South Bend area, there is no leeway for communicants. Here, sun-time coincides, for all practical purposes, with clock-time. When the clock shows 12, it is midnight, and you must start the Eucharistic fast. That's the rule to follow while you are in this neighborhood. When you go back to What Cheer, Iowa, ask the parish priest what the law is for that locality.

Reviewing Other Principles

- 1) Ordinary water, without the addition of any other element whatsoever, does not break the Eucharistic fast. This is the only unqualified statement in the recent Constitution which liberalizes Communion regulations.
- 2) Liquid Nourishment (coffee, tea, milk, fruit juices, etc.) are permitted up to one hour before receiving Communion -- but only if certain conditions prevail, and with the permission of a qualified priest -- i.e., you cannot presume that you qualify; you must get his permission. The conditions for seeking the privilege:
 - a) That you engage in energy-sapping work before Communion (or
 - b) That you receive at a relatively late hour (or)
 - c) That you travel at least $1\frac{1}{4}$ miles on foot.
- 3) The sick are permitted to take medicine prescribed by a physician, or commonly recognized as such, up to the time of Communion, with permission of a priest. His prudent evaluation will remove all doubts from your own mind.

The Holy Father urges all who can do so to observe the normal Eucharistic fast. Hence (water excepted) you should not ask to take advantage of these mitigations of the regular law, unless a real inconvenience is involved in your particular case.

Tonight, At Our Lady Of Fatima Shrine...

The Novena continues, with Fisher and Alumni forming the Official Pilgrimage Group from the University. Tomorrow evening, it will be Walsh and Sorin. For St. Mary's: the Sophomores tonight; the Juniors tomorrow evening.