
Objections To Daily Communion

1. "I have a fear of Confession."

Answer: Listen -- it's been years since any priest shot a penitent for what he told him, or called the sheriff. This is a good place to get your fears knocked out of you. Go to a priest and tell him of these fears; leave it up to him to get them out of your system.

2. "I am ashamed to go to Confession so soon again."

Answer: Do you mean that when you have committed one mortal sin, you would rather pile up more so that one won't look so big? Your experience has probably shown you that once the state of grace is lost, it is much easier to commit other sins. Why not use common sense and recover the state of grace immediately if you fall?

3. "I don't believe in daily Communion. . . Those who go daily are hypocrites."

Answer: Easy, easy! "Judge not, lest you be judged." If you don't believe in daily Communion, you set yourself up as knowing more than the Pope, which is just a bit rash for a young man in college. And if you call a man a hypocrite simply because, for the cure of his daily faults, he takes the divinely-ordained medicine for those faults, you put yourself in the class of those who condemned Our Lord for eating and drinking with sinners.

Do you recall the story of the woman taken in adultery? She was brought to Our Lord to be condemned; she went away forgiven. She was left at the feet of Our Lord, unaccused, because when Christ said, "Let him who is without sin cast the first stone," He stooped and wrote in the sand; and when her accusers saw Him write there the secret sins they had committed, "they went away, one by one, beginning with the eldest."

4. "I am more fervent when I go less often: . . . it seems to mean more to me."

Answer: Religion is not an emotion, not a feeling. Emotions come and go, and they are tricky; they let you down hard. You may feel glorious when you receive after a long absence from Holy Communion -- and you may then commit a serious mortal sin within the next 24 hours. The emotions tend to go down as low as they have gone up high. True fervor consists in avoiding sin. If in your intellect you want to know God better, and in your will you want to serve Him more perfectly, by avoiding sin and practicing virtue, you are receiving the fruits of the Sacraments worthy of a free, intelligent being. Don't worry about the emotions.

5. "I don't get up in time."

Answer: Something might be done about that if you could only be aroused to the value of your soul. But suppose you don't get up. Holy Communion is distributed in the Dillon hall chapel until noon. To receive in the morning, you have only to ring the buzzer at the door of the chapel.

6. "I am no better for going frequently."

Answer: Then study your disposition. Do you hear Mass? Are you making the proper preparation and thanksgiving? Are you trying to avoid habitual sins? Improvement through Holy Communion may come slowly, just as your food builds up your body slowly. If there's no improvement, it's because there's a poison in your system that neutralizes the effects of grace. That calls for a check-up.