

About The Eucharistic Fast

Got a Missal? Get one  
this week at bargain rates!  
See your Class Chaplain.

Blood Donors' still urgently needed. See the Prefect of Religion at 117 Dillon.

The laws governing the Eucharistic fast are given in two sections: those which pertain to morning Mass; and those which pertain to evening Mass.

To receive Communion at a morning Mass (those celebrated up to and including the noon hour), one is obliged to the following regulations:

- 1) Water never breaks the fast
- 2) Solid food always breaks the fast
- 3) Liquid nourishment (excluding all alcoholic drinks) may be taken with the advice of a confessor, obtained within or without the confessional. The permission granted may be for a particular instance, for a limited period of time, or for an indefinite period of time as the case warrants.

To receive Holy Communion at an evening Mass (after 4 p.m.) one must observe a fast from solid foods for three hours, and from liquid foods (other than water) for one hour previous to the time of Holy Communion actually being distributed. There must also be complete abstinence from alcoholic drinks (except light wines and beer) from the midnight previous. Light wines and beer are permitted at the meals where such is the custom of the country. The laws governing the evening Mass do not require the advice of a confessor.

What about medicine? The advice of the confessor is required. There is no time limit involved. You may take the medicine immediately before receiving Communion. That the medicine should be agreeably sweet or bitter is accidental. It is required only that it be true medicine. (Thus, a cough drop that is truly medicinal, and not merely a confection, would qualify as medicine). But alcoholic beverages are not to be regarded as medicinal.

At A Late Hour ? Inability to receive before a late hour. Tell the confessor the particulars; he will decide if you qualify, and thus become eligible to take liquid nourishment up to one hour before receiving.

Hard Labor ? Here again the confessor will decide the question for you.

A Long Distance to travel? If you have to travel as much as  $1\frac{1}{4}$  miles on foot, or about 20 miles by car; or travel for a period of 45 minutes by subway, or bus, etc., at some inconvenience because of fasting, the confessor will determine if you qualify as one permitted liquid food up to one hour before receiving.

What is liquid nourishment? This includes: coffee (with sugar), tea, milk, fruit juices, chocolate, eggnog, milk-shakes, soup (even with rice or bread crumbs), and virtually anything that can be drunk rather than eaten. Ice cream, or lozenges would not qualify -- they enter the mouth as solids.

Grave inconvenience ? May be interpreted either subjectively or objectively. The confessor will determine if the individual qualifies.

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PRAYERS REQUESTED - Deceased: friend of Bob Nouhan; grandmother of Don Hoodecheck of Dillon; father of Prof. Thompson (Commerce); John M. Stackpoole, '29; Howard O'Prey, '30; Ivan LeBlanc, '29; father of Bro. Melaric, CSC; father of Tom Russell, '56; father of Bernard Cullen, '38; friend of Bill Bailey of Fisher; father of Mother Boudreau, RCE; Ill: father of Prof. Malone (Commerce); friend of Dick McGolderick, '50; father of Harry Barkley of Walsh; aunt of Jim O'Day of Howard; friend of Pat Williamson (O-C);  
2 sp. int's.