

University of Notre Dame

For Adoration tomorrow:
it's Dillon, Pangborn,
and Sorin.

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Adoration for Wednesday -
it will be Lyons, Howard,
and Badin halls.

New Eucharistic Laws

Put very succinctly, the principal regulation is this: you may now receive the Sacrament of Holy Communion after fasting from solid foods and alcoholic beverages for only 3 hours; and from liquid nourishment and non-alcoholic beverages for 1 hour.

These regulations apply to all Masses, regardless of the time - whether in the morning, afternoon, evening, or midnight. Water, of course, never breaks the fast.

Sick people, even though not confined to bed, may take non-alcoholic beverages, and medicine in liquid or solid forms, at any time before Holy Communion, without asking permission to do so.

The Holy Father then exhorted all who make use of the new concessions: "They must compensate for the good received by becoming shining examples of a Christian life, and principally by works of penance and charity."

Cardinal Ottaviani's Observations

"The Church, justly severe and inflexible where doctrinal principles are concerned, knows nevertheless how to harmonize everything that is of ecclesiastical discipline with the circumstances of the times...

"There is no longer any question of either morning or evening, nor of distances to be traveled to get to church, nor of strenuous labor, nor of late hours:..

"The formula with which it is confirmed that water does not break the Eucharistic fast leaves one to understand that it refers to water in general and in the common sense of the word -- even mineral water, carbonated water, or chemically purified water ...

"The Supreme Pontiff has this time also had special concern for the sick. In fact, when there is a consideration of true and proper medicines, it is no longer necessary to consider what they are compounded of... even if they contain alcoholic elements...

"There is no longer an obligation to consult a confessor to see if one fulfills the conditions to use the permission. It is no longer a matter of concessions which apply to certain categories of persons, but a law which applies to all the faithful and in all places...

"The Sovereign Pontiff, paternally concerned with the salvation of souls which are hindered by so many different forces -- not only life in a technical age, but also by spreading materialism -- wishes to give to the faithful, with these new rules or afternoon Mass and the Eucharistic fast, a broader possibility of assisting at the Sacrifice of the Mass, and of approaching the Eucharistic table, in order to strengthen themselves in the life of grace -- which is today more than ever before necessary for struggling (for salvation) and for the final victory...

"There is no longer any limitation on the days on which bishops can allow Mass to be celebrated in the afternoon. The only condition is 'the common good'..."

Final Exhortation of the Pope: "We strongly exhort priests and the faithful who are able to do, to observe the old and venerable form of the Eucharistic fast before Mass and Holy Communion..."