

Lynch, Timothy, 1915-
Holy Communion fast
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HOLY COMMUNION FAST

The New Fast Laws Before Holy Communion And Evening Mass

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From Apostolic Constitution "Christus Dominus"

"We, by this decree, trust that we may be able to add not a little to the increase of Eucharistic piety, and in this way to move and stir up all to partake at the table of the angels. This, without doubt, will increase the glory of God and the holiness of the Mystical Body of Christ."

—Pius XII

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OBSERVATION OF GENERAL

WHO	WHAT PERMITTED	TIME
All	Pure water ²	Anytime
FOR THE		
Faithful (includes all except priests)	Liquids, non-alcoholic Medicine, even solids	Anytime
Priests	Liquids, non-alcoholic Medicine, even solids	Anytime

¹ Apart from unrestricted use of water, those able should keep regular fast.

² Water without the addition of any element (fluorinated, chlorinated water permitted).

EUCCHARISTIC FAST¹

PRACTICE

PERMISSION	CONDITIONS
None	None
SICK Confessor ³	a. True medicine: no solids for nourishment. b. Real inconvenience. c. Need not be in bed.
None	a. True medicine: no solids for nourishment. b. Real inconvenience. c. Need not be in bed.

³ A priest who has a right to hear person's confession. (Not necessarily in confession.) This permission need be obtained only once during same illness.

SPECIAL CIRCUMSTANCES

WHO	WHAT PERMITTED	TIME	PERMISSION	CONDITIONS
Faithful (includes all except priests)	Liquids, non-alcoholic	To one (1) hour before Com- munion	Confessor ¹	Either: a. Tiring work ² b. Late hour ³ of Communion c. Long journey ⁴
Priests	Liquids, non-alcoholic ⁵	To one (1) hour before Mass	None	Either: a. Late hour ³ of Mass b. Heavy work in ministry c. Long journey ⁴

¹ A priest who has a right to hear person's confession. (Not necessarily in confession.) This permission need be obtained only once for a particular circumstance.

² Laborers on day and night shifts; night workers, such as nurses, watchmen, etc.; expectant mothers; mothers busy for long time with household duties.

³ After 9 A.M. (could be earlier for children).

⁴ 1 1/4 miles on foot; 15 to 20 miles by car; according to person's physical condition.

⁵ In Bination and Trination water permitted for second ablation—if wine inadvertently consumed in ablation, second and third Mass may be said. (Rubrics for Christmas and All Souls Day Trination still in effect.)

EVENING

WHO	WHAT PERMITTED	TIME
Faithful (includes all except priests)	Food (wine, beer at meals)	To three (3) hours before Com- munion
	Liquids, non-alcoholic	To one (1) hour before Com- munion
Priests	Food (wine, beer at meals)	To three (3) hours before Mass
	Liquids, non-alcoholic	To one (1) hour before Mass

¹ May be permitted by Ordinary of the Place, after 4 P.M. on special days to meet special needs.

MASS ¹

PERMISSION

CONDITIONS

None

None

None

None

None

None

None

None

cum permissu superiorum

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