

Fasting before Communion

Persons desiring to partake of the Eucharist should observe the following rules concerning the fast before Communion. The chart below is reprinted for your information in this matter:

1. Water—Anybody may drink water anytime before Communion.
2. If you are healthy, but:
 - can't go to early Mass, or
 - have to work before Mass, or
 - have to travel a long distance, or
 - have to go to school right after Mass,
 then ask a priest for permission to take liquid nourishment up to one hour before Communion.
3. If you are sick (even a severe headache) and:
 - need medicine, or
 - need some liquid nourishment,
 ask a priest for permission for what you need and no time limit will be required.
4. If you attend Mass after 4 p. m.
 - eat from solid foods for three hours before Communion, and
 - fast from liquids for one hour
 but you won't have to ask permission in this case at all.

In all cases mentioned above, the Communicant must fast from alcoholic drink from the previous midnight although beer and wine are permitted at meals if it is the custom. Pope Pius XII, in granting the above permissions, also urged that the traditional complete fast be kept by those who can do so conveniently.

Drought From Democracy

Some dry and blowing away, millions of acres of soil in the Great Plains states of the southwest are pulverized by the worst drought conditions in that area's history.

Political crises in Poland, Hungary, Egypt, England and the Middle East have tumbled over one another consuming our attention while the land we live on blows out the back door.

In a dusty, whirlwind three-day tour of six states, the President viewed the devastation first hand — and when March winds begin to blow 80 million more acres of farm soil will be blown away or swept into the muddy Mississippi and Gulf of Mexico.

Like the Hungarians who fled to us seeking protection from Soviet tyrants — our own Americans in the southwest facing a similar blasting of their lifeline labors to build security are in urgent need of national aid.

Mr. Eisenhower promised immediate aid would be given.

Ultimate solution of the drought problem, as we see it, depends not so much on decisions made in Washington but on two factors—one within our control and one beyond it.

First of all, the Great Plains need — and need urgently — either heavy winter snows or early drenching spring rains, and that decision awaits the mercy of God.

The second factor takes the problem right back to the location where it started — the "big operators" who have constantly and willfully exploited the land for the profit of a "fast buck." For twenty years, southwestern farm manipulators have been told that misuse of the land would spell their ultimate doom. Now their chickens of greed have come home to roost and we are expected to step in with government aid to support those who squandered our nation's heritage.

If we have to pay compulsory taxes, it seems equally fair that the southwest should face up to compulsory conservation of our national resources. To a great extent, the southwest's drought is the result of too much democracy. It is time that a long-range plan be developed to prevent continued misuse of our own, my native land.

Joseph Brier

Historian Seeks Suffering Key, Ignores Christ

Dr. Arnold Toynbee of England is a world-famed historian. Presumably, therefore, Dr. Toynbee has heard of Jesus Christ.



Presumably, he is aware that Christ founded Christianity. Presumably, he realizes that Christianity is the only religion rooted in agony.

Are we presuming too much? Possibly we are. Perhaps, before we examine a recent remark uttered by Dr. Toynbee, we had better proceed to a recitation of some historical facts.

JESUS CHRIST has often been called, and truly called, the Man of Sorrows.

Christ had no comforts. From birth to death, He had none.

Christ's life was a life of constant self-immolation.

There were no monetary rewards. Christ asked for nothing for Himself.

He remarked once, in a touching sentence, that the foxes had dens and the birds their nests, but He had nowhere to lay His head.

CHRIST PREPARED for His public mission by fasting 40 days and nights in the wilderness. And afterward, He was hungry as we are told in one of the basic understandings of all religions.

He was weary from pain in and out of His body, in His eyes, in His ears, in His nose, in His mouth, in His throat, in His chest, in His stomach, in His back, in His legs, in His feet, in His hands, in His arms, in His head, in His soul.

Garden of the Agony. He prayed in such spiritual anguish that His sweat became as drops of blood.

THEN A RABBLE took him prisoner. His friends fled. He was at the mercy of those who hated Him with a hatred out of Hell.

We know what they did to Him. We have read of His trial before the high priest. He was lied about. He was buffeted. He was hooded.

He faced Pilate, and then Herod, and then Pilate again. He heard the cries of the populace, "Crucify Him!"

He was scourged with unthinkable cruelty. A crown of thorns was pressed upon His head. He was taken to Calvary, and nailed to a cross.

For three hours He died in intolerable agony. Not one word of reproach or complaint passed His lips. When He spoke, it was to ask forgiveness for His tormentors, and to give His Mother, who stood sharing His anguish, into the care of His friend John.

SO DID CHRIST live, and so did Christ die.

After Him there came a countless throng of martyrs and penitents, taking up His cross and enduring the worst of torments, because they had embraced the religion He taught. Nor have we come to the end; under Hitler, under Stalin, and ever now, the martyrology continues in the millions.

We are now ready to consider what Dr. Arnold Toynbee, the historian, said in a talk broadcast to many nations by the Voice of America.

Dr. Toynbee said that science "has expelled religion in its traditional forms," but that religion will come back in "forms hardly recognizable."

Said Dr. Toynbee, in these exact words: "The touchstone of religion is its capacity to deal with the problem of suffering."

He perceives no existing religion which has that capacity. And yet the central point of the Catholic faith is that suffering, endured for the right motives, is purest gold, of incalculable value for time and eternity, because it overcomes sin and reestablishes justice and love where hatred and injustice had reigned.

Christ on the cross gave us the solution to the problem of suffering because in His agony He recognized the way for us to ascend to the unthinkable nobility of becoming nothing less than the sons and daughters of God.

What strange power holds his historian's eyes, that he cannot see history's most splendid and inspiring fact?



The Bell Tower

No Choke
A wife who was notorious for her nagging bought two neckties for her husband's birthday. The husband finding the ties on his dresser donned one and made a grand entrance to breakfast.

"Well," snapped the lady when she saw him. "So you didn't like the other one, eh?"

A Miracle
The doctor eyed his tall and very thin patient after giving him a thorough examination.

"Well, Doctor," said the patient, "how do I stand?"

"Son," replied the doctor, "I don't know. I think it's a miracle."

Aisle Say
Jack: "You should see the altar in our new church."
Jill: "Oh, Jack, this is so sudden!"

First And Second
Two men were discussing a mutual friend, an elderly gentleman, who was planning to marry a very young girl.

"I think they will be happy because of their ages," said one.

"Because of their ages?" the other repeated inquiringly.

"Yes," answered the first, "he's in his second childhood and she's still in her first."

Cosmetics
Mother: "Eat your spinach, dear. It will put color in your cheeks."
Five-Year-Old: "Who wants green cheeks?"

One Too Many
A well-dressed lady stepped into an elevator in an office building and told the operator she wished to be taken to the seventh floor.

"Whom do you wish to see on that floor?" asked the operator courteously.

Drawing herself up, the woman stared at him and asked, "What business is that of yours?"

"None, Madam," he replied, "but there are only six floors in this building."

Church Candles Symbolize Christ

By REV. HENRY ATWELL
Candles used at Catholic ceremonies will be blessed in annual rites in parish churches tomorrow (Saturday, Feb. 2), feast of the Purification of our Lady.

Most parishes will conduct the blessing rite tomorrow before the first morning Mass. Except for the Sacrament of Penance (Confessions), all the other six Sacraments are ordinarily administered by candlelight.

USE OF CANDLES in church rites can be traced back to Apostolic times. Descriptions of third century Easter vigil rites, recently restored to its original midnight observance, tell how "light was transformed into day."

St. Jerome, fourth century Biblical scholar, declared that candles were lighted when the Gospel was read at Mass, not because light was needed to read by, but as a sign of joy.

Baptismal ceremonies dating from first centuries of Church history have included bestowal of a candle, a rite preserved even today.

Symbolism of the candle recalls Christ, "the true light who enlightens every man coming into this world." Christ called Himself "the Light of the world."

The number of candles used at a ceremony often indicates the solemnity of the feast or rank of the celebrant. Thus seven candles are lighted at the altar for a bishop's high Mass, four for his low Mass.

Six candles are used at a priest's high Mass, two for a low Mass. On occasions of special festivity, more candles are usually lighted. It is forbidden to say Mass without candles and if there is danger of their being blown out, they should be protected by lanterns.

In the early Middle Ages, about the eleventh century, the Church developed the present rite of blessing candles to be used at religious services.

THE FEBRUARY 2nd date was chosen as most appropriate because that date, 40 days after Christmas, marks the day when Simeon declared the Christ Child to be "a light to enlighten the Gentiles."

The feast is called the "Purification" of the Blessed Virgin because Jewish law excluded a new mother from the Temple until forty days after the birth of her child. At the end of the forty day period, she was required to present the child to the priest and offer a sacrifice — a lamb or two pigeons. Following this rite, the mother would be declared "purified" and admitted to the Temple rituals.

St. Luke describes the episode: "When the days of her purification were fulfilled according to the Law of Moses, they took Him up to Jerusalem to present Him to the Lord."

"And behold, there was in Jerusalem a man named Simeon, and this man was just and devout, looking for the consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Christ of the Lord."

Daily Mass Calendar

- Sunday, February 3 — Fourth Sunday after Epiphany (green), Gloria, 2nd prayer of St. Blasie, Creed, Trinity Preface.
- Monday, February 4 — St. Andrew Corsini, confessor (white), Gloria.
- Tuesday, February 5 — St. Agatha, virgin, martyr (red), Gloria.
- Wednesday, February 6 — St. Titus, confessor (white), Gloria, 2nd prayer of St. Dorothy.
- Thursday, February 7 — St. Romuald, abbot (white), Gloria, Friday, February 8 — St. John of Matha, confessor (white), Gloria.
- Saturday, February 9 — St. Cyril of Alexandria, confessor (white), Gloria, 2nd prayer of St. Apollonia, Creed.

Saud's Oil For Sale

Public opinion on street corners and in official circles stirred to the boiling point this week as Arabia's King Saud arrived in the United States.



with prospects of taking home 40-million dollars to bolster his country's treasury.

Saud was given a king-size deep-freeze from New York City's Mayor Wagner who alleged that the Arab oilcat was anti-Jewish and anti-Catholic.

Washington officials pointed out that Saud's Arabia is soaked beneath its sand surface with fabulous oil deposits which America badly needs, because they had embraced the religion He taught. Nor have we come to the end; under Hitler, under Stalin, and ever now, the martyrology continues in the millions.

Saud, termed by Time as a "devout Moslem," can accept the New York brush off by recalling that his prophet Mohammed had dirt and scurrilous insults hurled at him too.

And who wants ticker-tape when you can have 40-million dollars anyway?

Perhaps the whole visit is really, nothing more than a diplomatic bargain—Saud gets the money he needs for his sagging treasury and America will get his oil and airbases in return.

First Friday First Saturday

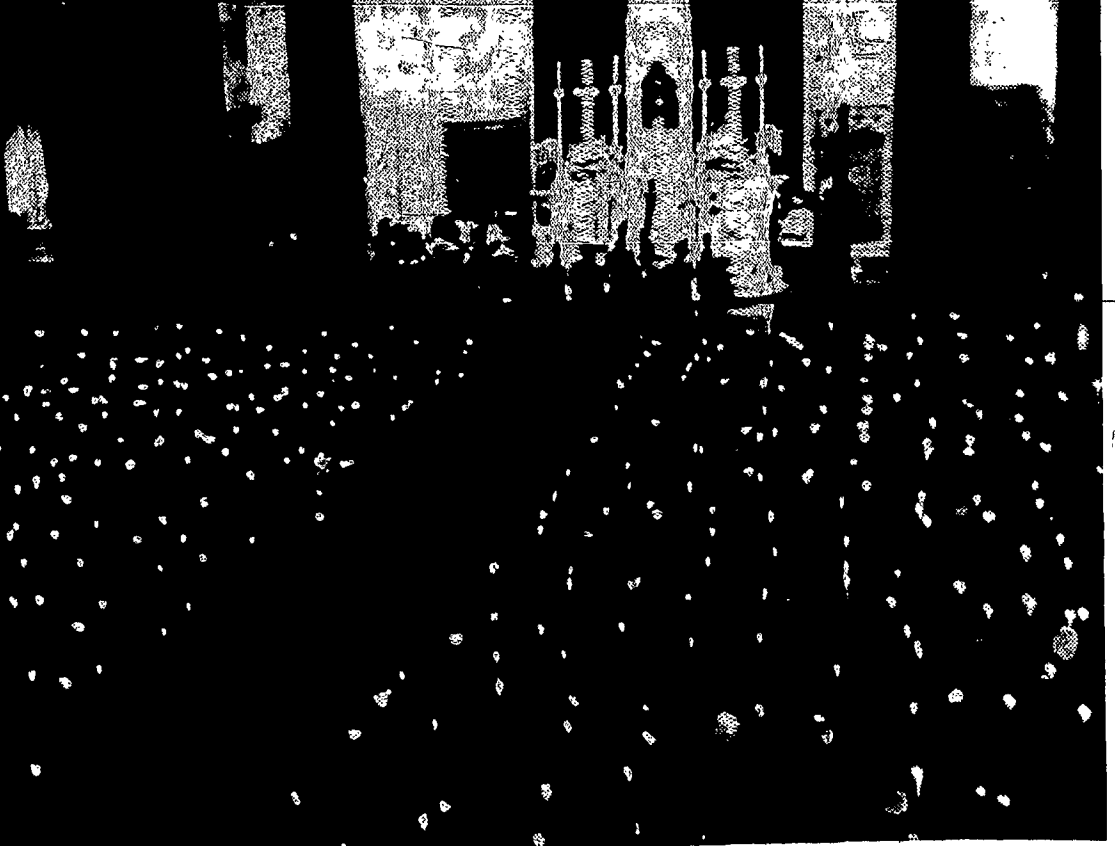
Two days of devotion honoring the Sacred Heart of Jesus and the Immaculate Heart of Mary occur today and tomorrow.

Catholics are urged to assist at Mass and receive Holy Communion on these two days.

Many parishes schedule late afternoon or evening Mass today, First Friday of the month.

Tomorrow Rosary devotions are scheduled in several churches.

Parish bulletins should be consulted for details.



Candlelight—ceremonies, like renewal of baptismal vows, as shown in picture above, at a mission held in Sacred Heart Cathedral, Rochester, date back in church history to time of apostles. Candle represents Christ "the Light of the world." Annual blessing of candles takes place in parish churches tomorrow, February 2, at rites usually held before early morning Mass.

consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Christ of the Lord.

"And he came by inspiration of the Spirit into the temple.

"And when His parents brought in the child Jesus, to do for Him according to the custom of the Law, Simeon

also received Him into his arms and blessed God, saying: "Now, O Lord, allow thy servant to depart in peace according to thy word;

for my eyes have seen the Savior whom thou hast destined for all the nations;

a light to enlighten the Gentiles, and to be the glory of thy people Israel."

Ritual for blessing candles is held before Mass on the feast of the Purification and includes five prayers, sprinkling of the candles with holy water and incensing them, distribution of candles, and procession.

The Church urges the people to obtain blessed candles for use during prayers at home and especially when a priest brings Communion to a sick person there.

Making Marriage Click Love, Life's Irresistible Compliment

By MONSIGNOR DeBLANC
In remembering the needs of youth no story has impressed me more than the one told by Father Deglemann of Creighton University.

A teenager had requested an appointment. It would be at seven o'clock that evening in the priest's office. Seven o'clock came and the boy did not show up. Seventy and still no boy. Eight o'clock and Father Deglemann heard cheers from the distant football field.

"Ah! That is it," he said, "the youngster had forgotten about the game and will come tomorrow."

At eight-fifteen there was a knock at the door. "Come in!" shouted the priest. "Ah, it is you, son. I've been waiting for you. The boy stared desperately, a gun in his hand, he walked toward the priest. "Father," he murmured slowly, "I've been out there watching your window since six-thirty. If your light had gone out, if you had not trusted me, I would have killed myself."

That popular song was quite correct when it said, "You are nobody, till somebody loves you." One of the most irresistible compliments in life occurs when someone really loves you.

A child needs to be accepted for what he contributes, but not for what he is. One pities the poor boy whose mother wanted a little girl, so she lets his hair grow into long curly locks. Or the athletic father whose only son hates his repulsion and frustration.

NO ONE WANTS to be teased about what could be true. For instance, if a son is not athletic, he must not be called a sissy. A daughter with a grotesque nose should not be called an anteater.

This principle is equally true about a wife whose pie might remind one of plaster, or a husband whose size might qualify him as a model for a mattress company.

A kind person does not say such a thing especially to a child. It may lead to fear and is there anything which destroys personality more?

True parents never ridicule a child. Youngsters live up to expectancy. Set reasonably high goals and they will reach them. Inspire them and you hold them in the palm of your hand. No leader is a leader who cannot inspire. You inspire your children by what you teach them, not by the money you give them. You inspire them by understanding them, not by condemning them.

Parents principally can give a youngster confidence in himself. Of course, there is a vast difference between praise and flattery. Flattery is from the teeth, praise from the heart. Flattery tells another what he or she wants to hear of themselves; praise tells them what goodness one actually sees in them.

FATHER SHEERIN

Two men who have a common enemy must therefore be mutual friends.

That is about as wild a conclusion as you'll find in any movie advertising. It is a maxim you seldom if ever hear from the lips of the average man.

No one says that if a dope peddler and a teen-ager both hate spinach, they therefore enjoy a beautiful friendship and should get to know each other better.

The maxim is, however, accepted in diplomatic circles. For instance, Russia and the U.S. had a common enemy from 1941 to 1945, so the policy planners presumed that Russia was our friend. That wild conclusion has bedeviled us for 10 years now.

At Yalta we gave our supposed friend the lords and the people now behind the Iron Curtain.

Just now there seems to be a widespread notion in diplomatic circles to the effect that Tito and the U.S. have a common enemy — Russia. Therefore and Q.E.D., Tito is our friend.

It is true that Tito has assailed the Soviet regime several times recently. Does that make him the foe of Russia and is Russia really his enemy? Not at all.

BOTH TITO and the Soviet regime are dedicated to Communism and his broadsides against the Soviets are non-essentials. He objects to the Stalinists in the Kremlin but not to Communism. He claims that there are many roads to "Socialism," by which he means Communism, but he doesn't reject the Russian way for the Russians. He merely

The revolution in Hungary showed that these people want not merely freedom from Russia but from any shape or form of Communism.

Tito, however, stands squarely in the path of this complete breakdown of Communism. He will tolerate "national" Socialism. He will approve the independence of Poland for instance, but he sternly rejects any tampering with Communism itself. Of the revolution in Hungary he said: "It is our tragedy, the tragedy of all of us together, that a terrible blow has been dealt Socialism." By helping Tito, we help to prevent the destruction of Communism.

When the Kadar regime was planted on the dead bodies of the freedom fighters, Tito gave it his support. He may even have had a hand in the "kidnapping" of Nagy after his release from the Yugoslav embassy in Budapest.

This is the man Washington talks of wooing, the man who prefers to see a Communist Hungary drenched in blood rather than a free Hungary.

It doesn't make sense to nullify our own efforts. It doesn't make sense to make goo-goo eyes at a Communist while you are fighting Communism.

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