

Easy Rules...

THE NEW COMMUNION FAST -- THREE... ONE... NONE

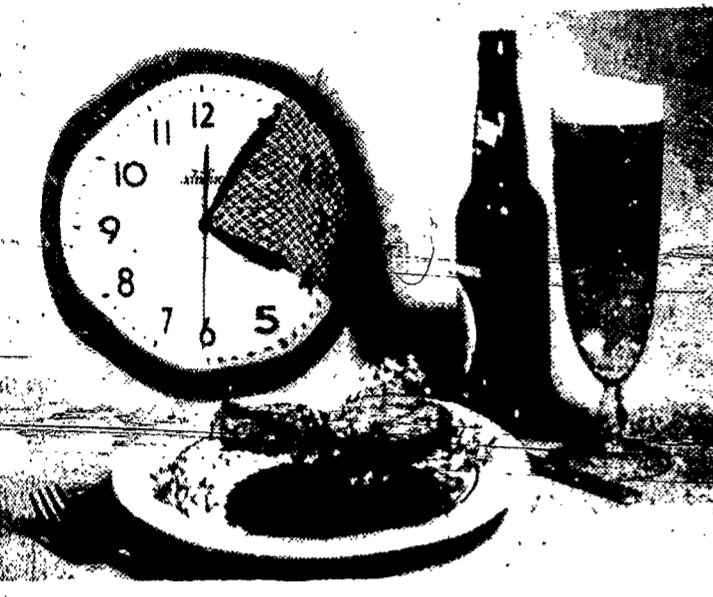
A handy way to fix the new Eucharistic fasting rules in mind is to remember the phrase—THREE-ONE-NONE. That is, you must fast:

THREE HOURS from solid food and alcoholic beverages.

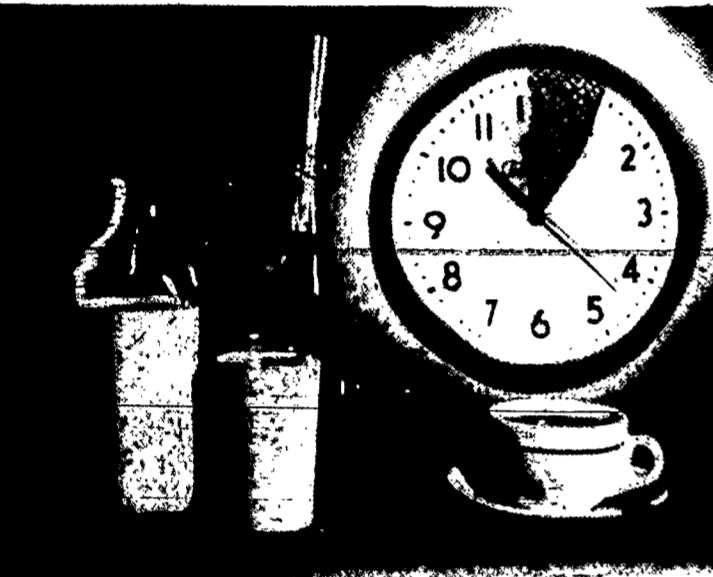
ONE HOUR from non-alcoholic liquids.

NO FAST from medicines and non-alcoholic beverages for the sick, and no fast from water for anybody. Permission of a priest is not required.

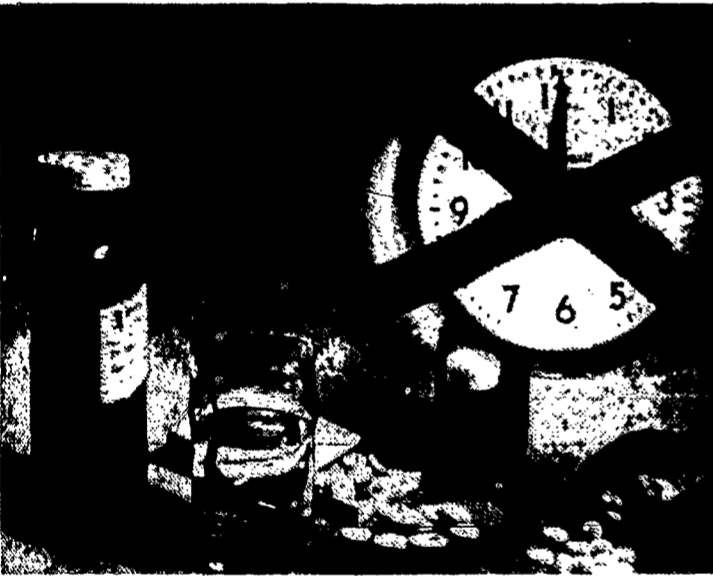
(Photos illustrating the new Eucharistic fast regulations are presented here through the courtesy of the Catholic Universe-Bulletin of Cleveland.)



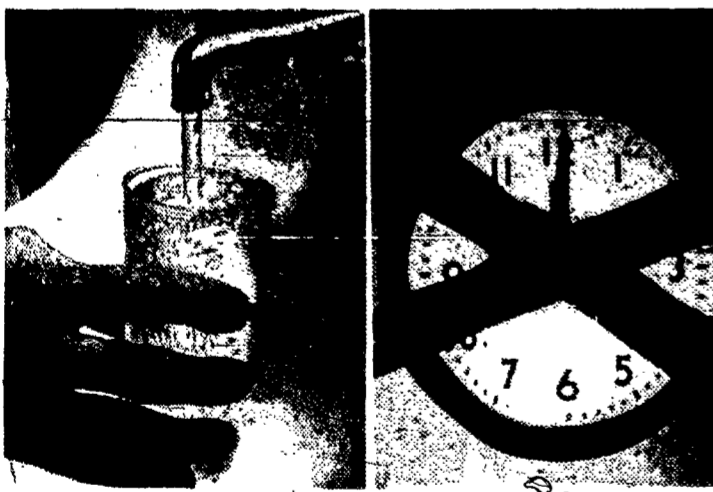
THREE HOURS: Solid food, alcoholic drinks



ONE HOUR: Non-alcoholic beverages



ANYTIME: Medicine, non-alcoholic beverages for sick



ANYTIME: Water **MIDNIGHT:** law abolished

Cardinal Mooney Urges End To Sunday Shopping

Detroit (NC)—His Eminence Edward Cardinal Mooney has called upon priests and faithful of this archdiocese "to combat the evil" of Sunday shopping and selling.

In a letter sent to archdiocesan priests, the Archbishop of Detroit urged them and their parishioners to halt the growing evil, which he said "is a clear violation of Divine Law as embodied in the Third Commandment."

In referring to Sunday shopping, the Cardinal's letter stated: "Such shopping offends God and scandalizes our neighbor. It prevents the proper observance of Sunday by store employees compelled to work that day. It causes loss to conscientious merchants, for some, at least, are forced to choose between desertion of the Sabbath and business failure."

The Cardinal also said that "the burzer cooperates with the seller in violating the Sabbath, and therefore shares his guilt."

"If only professing Christians would abstain from Sunday shopping," the Cardinal concluded,

"the abuse would quickly cease. Merchants would find it unprofitable to stay open without their patronage."

Red Police Beat Hungarian Bishop

Vienna (NC)—Bishop Alexander Kovacs of Szombathely was so severely beaten up by Hungary's communist police that he had to be taken to a hospital, according to reports reaching here.

It is thought here, that the Bishop was attacked because of his strong warnings against the pro-regime "peace priests."

Clocks, Electric or key wound, \$3.25 and up. William S. Elmore Jeweler, 315 Main St. East. Ad.

Miracles Happen

See Page 4

— 55,881 — Courier Circulation Hits Record

A total of 55,881 subscriptions to the *Catholic Courier Journal* marks an increase of 1,436 new subscribers to the official diocesan paper as a result of February's circulation campaign.

This figure is the highest total of paid subscribers in the *Catholic Courier Journal's* 68 year history.

It also represents the sixth consecutive year in which subscriptions have gained over the previous year's total.

All subscriptions of new subscribers to the *Catholic Courier Journal* start with this week's issue.

127 of the 148 parishes of the Rochester Diocese are now enrolled under the "total coverage" plan, six more than last year. This means 85 to 100 per cent of the families in these 127 parishes subscribe to the *Catholic Courier Journal*.

A detailed report of each parish is listed on page 7 of this issue.

Highest number reported from any one parish is 1,439 from Sacred Heart Cathedral, where Auxiliary Bishop Lawrence B. Casey is rector.

Eight other parishes also report over 1,000 subscribers. They are: St. Alphonsus, Auburn, 1,218; St. John the Evangelist, Greece, 1,183; St. Charles Borromeo, Greece, 1,083; Holy Rosary, Rochester, 1,051; Blessed Sacrament, Rochester, 1,047; St. Patrick, Elmira, 1,034; Immaculate Conception, Rochester, 1,031; and St. Stephen, Geneva, 1,005.

"The management of the *Catholic Courier Journal* wants to thank the clergy and laity of the Diocese for their constant support," Mr. Grapenstetter, circulation manager, stated.

"We also want to pay tribute to the generous cooperation we enjoy from the postal employees throughout the 12 counties of the Rochester Diocese. Their efficient handling of the *Catholic Courier Journal* assures our subscribers of receiving their copies promptly each week," he said.

Booklet Explains

Martin Luther Film

Huntington, Ind. (NC)—Our Sunday Visitor Press here has announced that it has re-issued a booklet entitled "The Martin Luther Motion Picture" because of the recent controversy over the televising of the film in Chicago. The booklet was issued in 1953 when the film was being shown in motion picture theaters.



Nocturnal Men's Breakfast

RECOVERED from his illness, His Excellency Bishop Kearney (left) is shown as he was greeted by 800 men at the Nocturnal Adoration Society Communion Breakfast in Bausch and Lomb cafeteria. His Excellency, Auxiliary Bishop Casey (right), and Dr. Joseph A. Incevo, breakfast chairman joined in the welcome to Bishop Kearney. (Tom Casey photo.)



Mrs. Luce Named For Laetare Medal

Notre Dame, Ind. (RNS)—Clare Boothe Luce, former U.S. Ambassador to Italy, was named by the University of Notre Dame to receive its 1957 Laetare Medal. She is the 16th woman to receive the award, given annually to an outstanding member of the American Catholic laity.

In announcing the selection of Mrs. Luce, the Rev. Theodore Hesburgh, C.S.C., president of Notre Dame, said:

"In her brilliant and singularly versatile career, Clare Boothe Luce has demonstrated talents and effectiveness altogether uncommon in the worlds of diplomacy, politics, the theatre and letters.

Wife Of Japanese Envoy To Holy See Converted

Vatican City (NC)—The wife of the Japanese minister to the Holy See, Mrs. Kazuko Tsuruoka, was received into the Church here after her conversion from Buddhism.

At the end of a year of study and prayer, Mrs. Tsuruoka was baptized by French-born Father Antoine Anoge, ecclesiastical counsellor to the Japanese legation. She took the baptismal name of Mary.

On the same day, Mrs. Tsuruoka's seven-year old son received his first Holy Communion.

His Holiness Pope Pius XII received Mr. and Mrs. Tsuruoka and their three sons in a special audience.

Nun Works In 'Dangerous World' On Science Research For U.S. Army

By CARL BALCERAK
N.C.W.C. News Service Writer

Washington (NC)—"Squeezing" liquids with ultrasonic waves and handling highly explosive chemicals is not the type of work you would expect a diminutive nun to be engaged in.

But that is what Sister Mary Howard is doing in the physics laboratory here at the Catholic University of America. A Sister of Notre Dame, she is believed to be the only nun who is investigating scientific phenomena under U.S. Army auspices. A contract for this research has been awarded to the university by the U.S. Army Office of Ordnance Research.

IN A BASEMENT laboratory at the institution Sister Mary Howard is working in a strange and dangerous world in order to build a better world. Despite the hazards of her job, Sister Mary Howard has not lost her sense of humor. In front of a powerful air compressor in the laboratory, she has this sign: "This compressor starts at random times and can tear any mortal fingers asunder."

Just what does she do, and what in the name of science are ultrasonic waves?

HERE IS WHAT she said in reply to these questions:

"Ultrasonics consists of high frequency sound waves, a form of energy used to investigate materials in the physical world. An atom smasher bombards atoms with energy, but with ultrasonic waves Catholic University squeezes liquids and gases, bringing the molecules closer together.

"This enables us to see the molecule itself. It is known that there is a definite pattern in the

Diplomat's Daughter Becomes Nun

Boulder, Colo. (RNS)—The daughter of a former Romanian diplomat made her profession of vows as a Benedictine sister in ceremonies at St. Walburga's Convent here.

She is Sister M. John Baptist, whose father, Badi R. Florescu, headed the Romanian legation in Great Britain at the time World War II broke out. He and his family remained in England during the war. With his wife, he now lives in France.

Mr. Florescu served on the staff of the Romanian legation in Washington, D.C., in the mid-1930's.



Puts Squeeze On Molecules

Washington, D.C. (NC)—Delving into the science of ultrasonic waves is Sister Mary Howard, a familiar figure in the physics laboratory here at the Catholic University of America. A Sister of Notre Dame, she is doing work under contract with the U. S. Army Office of Ordnance Research.

molecules of liquids, but holes are present that are not found in solids.

OF WHAT CONCERN is all this to the army?

According to Sister Mary Howard, it is of major importance because the army is always searching for new designing materials with which to build its equipment. Blueprints for these new materials, she said, cannot be drawn up until the structure of present day chemicals is clarified.

Research at the C.U. laboratory is done with liquids at a temperature of 50 degrees below zero that is very low. By very low temperature, Sister Mary Howard said, she means liquids with a temperature of about 50 degrees below zero.

"Of course," she added nonchalantly, "keeping some of these liquids below room temperature is important because they are highly explosive."

One of the liquids Sister Mary Howard works with is ethyl chloride. It is often used in surgical operations to freeze an infected part of the body. Ethyl chloride boils at room temperature, changes into a gas and becomes highly explosive.

LAST WEEK'S
PAID CIRCULATION
54,550

ROCHESTER, N. Y., FRIDAY, APRIL 5, 1957

10 Cents

Bishop Sees New Era Of 'Daily' Holy Communion

A greater era of increased daily Communion, as a result of the Church's new Communion fast laws, was forecast this week by His Excellency Bishop Kearney.

The newly simplified laws make daily Communion possible "for thousands who have never attempted it before," he said.

Yank Helicopter Lands At Fatima

Lisbon (RNS)—American sailors were the first group to make a pilgrimage by helicopter to the famous shrine of Our Lady of Fatima, near here.

The men were crew members of two U.S. hydrographic vessels, the *Pursuit* and the *Tanner*, which were lying docked at Lisbon.

They came in two helicopters which hovered for a few moments over the great square in front of the basilica before landing.

By the time the sailors were ready to pile out a thousand or more local inhabitants and pilgrims from many other parts of the world had gathered to watch them.

The Bishop stated that the 1953 permission for evening Mass has already increased the number of Communion in this Diocese almost beyond imagination.

The most recent revision requiring merely a three hour fast from food and a hour fast from liquids now makes Communion "available to the people" as never before in Church history, Bishop Kearney said.

NINE HUNDRED Nocturnal Adoration Society men heard Bishop Kearney's statement at their annual breakfast held this past Sunday.

The Nocturnal Society members have their hearts centered on the Blessed Sacrament of the altar," the Bishop told them, and should cut themselves "for-

(Text of Bishop's Address on Page 5)

tunate to have lived in these days" of increasing Eucharistic devotion.

Men of the Society spend one hour a month between 10 p.m. and 6 a. m. in adoration before the Blessed Sacrament.

BISHOP KEARNEY noted the history of frequent Communion to the 1905 decree of Pope St. Pius X urging "frequent, even daily Communion." The sainted Pope "made a magnificent attempt to correct the idea then prevalent that Communion was a reward for goodness," the Bishop recalled.

In the mind of Christ, Bishop Kearney said, Communion is to be not only a reward, but "an essential source of spiritual nourishment." He said Pope Pius XII has now simplified the laws, requirements to make Communion "available to the people."

The Bishop based his address to the Nocturnal Adoration group on Sunday's Gospel which described Christ's miraculous multiplication of loaves and fish to feed five thousand. The miracle, said the Bishop, was the way our Lord "set the stage" for His next day's sermon on the "Eucharist, the 'spiritual food' of Christians.

Bishop Kearney expressed his thanks to the men for their prayers during his recent three months illness.

German Cardinal To Visit Hirohito

Tokyo (NC)—When His Eminence Joseph Cardinal Frings, Archbishop of Cologne, visits this city in May, he will be received by Emperor Hirohito, it is announced.

See Inside

Will Boy Make Good Partner

See Page 3

Budgeting Advice For Home Makers

See Page 2

Actor's First Curfew Ends Career

See Page 11

Joseph Beeg



Love Speaks From The Cross

By MONSIGNOR PATRICK J. FLYNN

V—"I Thirst" (John 19:28)

THE COUNTLESS sufferings of Christ during His Passion beggar description and stagger the imagination. Yet only once did the Divine Victim break silence to mention any of His physical sufferings.

LENENT READING

This is near the climax of His long ordeal on the cross. Racked by acute pain and consuming fever, and from the throes of His agony, the dying Christ gasped: "I thirst." This is the fifth time that Jesus has spoken from the cross.

the drink which they used for quenching their thirst. Now one of the soldiers takes a sponge, soaks it in the wine, and reaches it on a reed of hyssop to the swollen lips of Christ.

Some kind of compassion or pity must have prompted the action of this nameless soldier. At least he is the last man in this world to show kindness to the dying Christ.

Perhaps this was one of those moments Christ Himself had in mind when, long before in Galilee He told His disciples: "Whoever gives you a cup of water to drink in My name, because you are Christ's, amen I say to you, he shall not lose his reward." (Mark 9:40)

WE CAN UNDERSTAND Christ's suffering here on Calvary, particularly His torturous (Continued on Page 6)