

strictly speaking, the Church does not forbid daily Communion to him that has not committed mortal sin even if he does not go to confession once a year, since, as St. Alphonsus teaches, the precept of annual confession is made only for those who are *certain* of having sinned mortally.

Whence comes, then, this baneful and fatal prejudice that worthily to communicate every day, weekly confession is *necessary*? Was it the usage of the primitive Church? No, certainly! The early Christians, perfectly instructed by the holy Fathers, knew very well that, to communicate worthily, confession is *necessary* only for those that are *conscious* or *certain* of having committed a mortal sin. As to venial faults, it is counselled to say before Communion only the words of the *Pater noster*: "Forgive us our trespasses as we forgive those that trespass against us." Hence St Alphonsus writes: "Down to the eighth century, the usage was to confess *only mortal sins*." The pious and learned Frassinetti says: "I wish we would reflect sometimes that, among the first Christians, the more frequent the communions, the more rare the sacramental confessions. As a general thing, they confessed only when they had fallen into some mortal sin, as all theologians commonly observe."

Perhaps, this prejudice has come to us from other ascetics? No, because if all ascetic theologians have said, following the teaching of the Church, that the confession of venial sins is *useful*, not one of them has ever declared it *necessary* for communicating worthily. They never could have advanced such an opinion without placing themselves in opposition to the teaching of the Church, expressed by the Council of Trent.

What, then, can be the origin of this prejudice? As for myself, I maintain that it came from hell under the inspiration of Satan. It made special use of its dear and faithful allies, the Jansenists, to popularize it and render almost morally impossible frequent and daily Communion. "It is Jansenism," says the illustrious Mgr. de Segur. "that has introduced among us this anti-Catholic fear which, under pretence of greater sanctity, exalts confession at the expense of Communion, wears us out with scruples, falsifies the conscience, and delights the devil