

## Ask Mason & Teo



### How many times in the Communion line?

Hey Mason & Teo, My friends and I were discussing how many times we can receive Holy Communion in one day. Some of us serve as liturgical ministers at several Masses on Sunday and weren't sure if we could receive Holy Communion as frequently as the priest, sometimes three to four times on Sundays. Can you tell me how many times may I receive Communion on the same day? (Eucharist Monster)

Dear Eucharist Monster, Good question! Church law used to restrict the receiving the Eucharist to once a day. But the new Code of Canon Law, promulgated in 1983, states in canon #917, "A person who has already received the Most Holy Eucharist can receive it a second time on the same day only within the Eucharistic celebration in which the person participates, without prejudice to the provision of Canon 921, #2." Canon 921, #2 states, "Even if they have been nourished by Holy Communion on the same day, however, those in danger of death are strongly urged to receive communion again."

The Catechism of the Catholic Church states that the Eucharist is the heart and the summit of the church's life (CCC 1407), for in it Christ intrinsically connects his church with his once and for all offering on the cross to his Father.

The Eucharistic Celebration — the Liturgy of the Word and the Liturgy of the Eucharist — constitute one single act of worship. It forms a cohesive whole. A Catholic Christian is obligated to participate fully in the entire Mass making an offering of oneself to the Lord. Each Catholic must be present from the very beginning, when the priest arrives, to the very end of Mass, when the priest leaves, and give his or her full attention as best as one can.

Worthy reception of Holy Communion includes a one-hour fast from food and drink beforehand (Canon #919). A person in the state of mortal sin must first make a sacramental Confession and receive absolution before receiving Holy Communion (Canon #916).

We cannot separate the reception of Holy Communion from the rest of the Mass. Attending several Masses only at Communion time to receive the Eucharist in the hope of "adding up" the graces, violates the law.

The church, in her carefulness, writes these laws to help the faithful live balanced spiritual lives. Just as the church requires a person to receive Holy Communion at least once a year — an obligation called the "Easter duty" — it also restricts the number of times a Catholic can receive Holy Communion in one day.

The situation of receiving

Holy Communion twice in a day often applies to a daily Mass-goer who also attends a wedding, funeral or other special Mass, though the latest Code of Canon Law does not list any conditions. When a person is in danger of death (canon 921, #2), he or she may receive Holy Communion even if he or she has already received Communion twice that day.

So following church law, liturgical ministers, including eucharistic ministers, may receive Communion twice in one day as long as full participation in the Mass takes place, but not "three or four times." It would be best that you discuss your situation with your pastor who would know all the circumstances at your parish.

By the way, the correct term for a lay eucharistic minister is "extraordinary minister of Holy Communion," who is only to be used when a Mass does not have enough "ordinary" ministers — deacons, priests or bishops — to distribute the Holy Eucharist. According to Vatican instructions issued in 1997, "extraordinary ministers" may distribute Holy Communion "at eucharistic celebrations ... which would be excessively prolonged because of an insufficient number of ordained ministers to distribute Holy Communion."

As lay persons, if we genuinely love the Lord and have a real devotion to the Blessed Sacrament, then we should obey the church's laws regarding reception of the Holy Communion. All true authority inevitably comes from God, so we must set aside our individual feelings, seek to understand the rationale behind the laws and humbly obey.

Our full participation in the Holy Sacrifice of the Mass identifies us with Jesus, sustains our strength in this journey of life, makes us yearn for eternal life and reinforces our unity to the Mystical Body of Christ.

For a full listing of liturgical guidelines for our diocese, go to [www.catholicahawaii.org](http://www.catholicahawaii.org) and click on "Office of Worship" under Diocesan Offices.

Mason and Teo Matsuda are parishioners of Our Lady of Perpetual Help Parish in Ewa Beach and have served in youth and young adult ministries for years. Write to them at [yaadvice@yahoo.com](mailto:yaadvice@yahoo.com).



Kona Purdy with kids from the Boys and Girls Club of Hawaii's Hale Pono Clubhouse in Ewa Beach on July 1. Below, Purdy talks to a young program participant in the gym.

## A fresh faith

### New Catholic "Kona" Purdy carries his Christianity into the clubhouse

By Anna Weaver  
Hawaii Catholic Herald

It's a hot summer day at the Ewa Beach Boys and Girls Club and a hundred or so kids between 7 and 17 swarm the two-story Hale Pono Clubhouse, playing pool, air hockey and video games, reading, doing art projects and eating afternoon snacks.

If it's warm outside, it's even warmer sitting in the club's gym for any extended period of time, which is what Hale Pono's program director Andrew "Kona" Purdy is doing this July afternoon as he watches some of the younger kids play basketball and dodgeball.

Kona could be completing paperwork in the cool office but has chosen instead to supervise some of the less pleasant club jobs to make it easier on the program volunteers. His paperwork, he decided, he could finish at home. Why?

"For me it's the servant-leader aspect," said the 24-year-old. "Christ set the example so I'm also trying to set an example." The answer might

sound pious, but coming out of Kona's mouth it's nothing but sincere.

Having become a Catholic only this past Easter, Kona has seen his new faith directly impact his life and his job — like in putting the club volunteers first.

"I think that my faith helps in that everything I do, I do with love," he said.

After high school, Kona attended Leeward Community College and worked with youth at the YMCA. But he wasn't able to juggle the cost of school and living on his own, so he got a job in customer service at Oceanic Time-Warner Cable. Kona liked helping people, but always being pushed to close a sale didn't sit well with this self-described gentle, easy-going guy.

Three years ago, he started at the Ewa Beach Boys and Girls Club as a youth development specialist. He'd gone to the clubs as a kid and "really learned the value of the programs offered in these types of organization."

A year ago he was promoted to his current position, which normally requires a college degree.

As a supervisor at Hale Pono, Kona makes the same amount he did in his entry-level Oceanic job. But he isn't doing it for the money.

"I like a lot of what the club stands for," he said, "inspiring youth to become responsible citizens."

The Boys and Girls Club program costs \$1 a year per child and the Ewa

club has an optional \$250 summer program fee to cover 15 different field trips, which Kona plans. And he likes its youth-driven program, where the kids pick what activities they'd like to do in five areas — character and leadership development, education and career development, health and life skills, the arts and sports, and fitness and recreation.

Outside of work, Kona is involved in the Ewa Neighborhood Board, the Ewa Beach Lions Club, and the Ewa Weed and Seed drug prevention program.

In 2008, the Buddhist-raised Kona got "hooked" by fellow members of the Hawaiian music band, Na Kane, who attended Our Lady of Perpetual Help Parish in Ewa Beach. "They invited me to come play music at church," he laughed.

That's where Kona started learning more about Catholicism.

"I have this background in service but I always thought there was something missing," he said. "It was like God was talking to me through youth."

Even before he started RCIA at Our Lady of Perpetual Help, Kona "jumped in" to serving at the parish. He started with music ministry and now cantors, helps with youth and young adult ministry, and, after he was received into full communion at Easter, became a catechist. Kona also participates in Basic Christian Community.

And his Catholic faith has helped him as a Boys and Girls Club employee. Like when he's dealing with discipline issues, he'll ask for some heavenly assistance.

"When the anger starts coming up, I definitely take a breath and pray, 'Lord help me,'" he said.

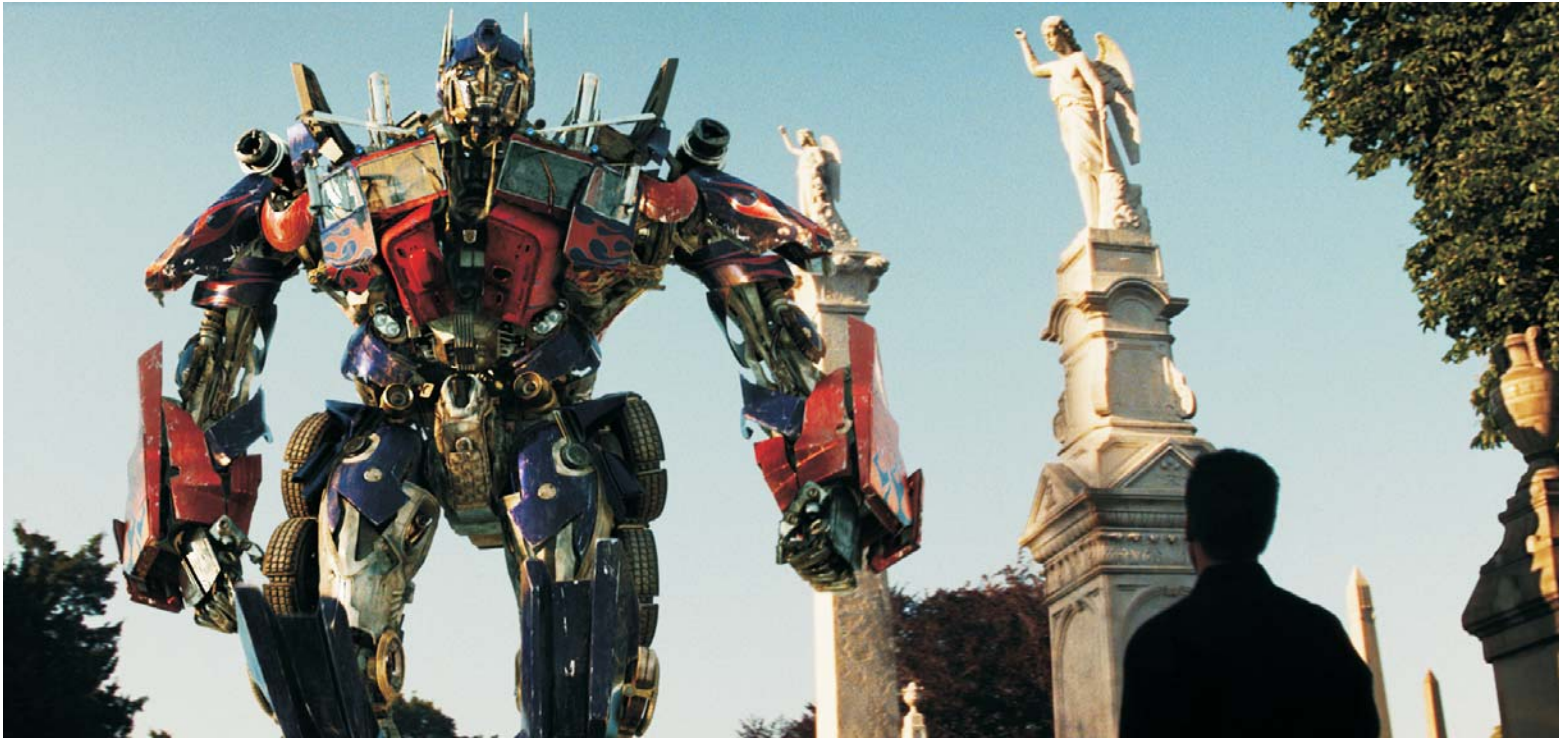
"It's like God said, 'Look at what you can do if you do it my way.'"



Coming in the next issue: more stories about young adults choosing careers for love over money.

Movie reviews

Ratings



**Transformers: Revenge of the Fallen** (DreamWorks/Paramount): Overlong, mindlessly violent action adventure sequel in which a college freshman (Shia LaBeouf) and his girlfriend (Megan Fox) assist a group of friendly, shape-shifting alien robots as they battle to defend humanity against the designs of a hostile horde of similar creatures. Derived from the back story of a line of Hasbro toys, director Michael Bay's globe-trotting explosion fest offers only a modicum of human interest amid the thunderous special effects. Also shown in Imax. Pervasive action violence, brief rear nudity, brief nongraphic nonmarital sexual activity, drug use, occasional rough and crude and some crass language, and frequent sexual references. L (PG-13)

**Bruno** (Universal/Media Rights Capital): Wild social satire follows the exploits of a hyper-gay Austrian fashion reporter (Sacha Baron Cohen) as he travels to America in search of fame, and flaunts his proclivities — and eccentricities — to the discomfiture of many. As directed by Larry Charles, provocateur Cohen scores a few points at the expense of clueless celebrities and irresponsible parents determined to launch their babies in Hollywood, but his wince-inducing exploration of sexual mores is simplistic, excessively explicit, and includes something to offend everyone. Strong sexual content, including graphic perverse and adulterous sexual activity, full nudity, pervasive sexual and some ir-

reverent humor, implicit acceptance of homosexual activity, much rough and some crude language. O (R)

**Ice Age: Dawn of the Dinosaurs** (Fox): Mostly delightful animated sequel in which a mammoth couple (voices of Ray Romano and Queen Latifah), a tiger (voice of Denis Leary) and two possums (voices of Josh Peck and Seann William Scott) search for the missing sloth (voice of John Leguizamo) who rounds out their improvised herd, and discover the underworld of dinosaurs to which he has been unwillingly carried. A few touches of vaguely crude humor aside, director Carlos Saldanha's epic 3-D quest, which also features Simon Pegg voicing

the adventurers' wacky weasel guide, is well calculated to charm viewers of all ages with its portrayal of loyalty and teamwork. A-I (PG)

**My Sister's Keeper** (New Line): Generally well-acted if sometimes soggy family drama about a strong-willed mother (Cameron Diaz excellent in a not-always-likable part), in denial about her teenage daughter's (Sofia Vassilieva) losing battle with cancer; the loving but conflicted father (Jason Patric); and sister (Abigail Breslin), who hires a lawyer (Alec Baldwin) for "medical emancipation" so she won't be forced to donate her kidney to her sister. Affecting, despite basic plot contriv-

ances and a couple of morally questionable elements, co-writer and director Nick Cassavetes' tear-jerker ultimately presents a positive view of marriage and family. A nongraphic nonmarital sexual encounter, in vitro conception, disturbing hospital imagery, brief rough and crude language and a couple of profanities, domestic discord, some mild sexual talk and brief teenage drinking. L (PG-13)

**Public Enemies** (Universal/Relativity): Polished dramatization of the last months of famed Depression-era gangster John Dillinger (a commanding Johnny Depp) as he orchestrates prison breaks, continues his bank-robbing spree across the Midwest, repeatedly eludes

Conference of Catholic Bishops Office for Film & Broadcasting classifications: A-I — general patronage; A-II — adults and adolescents; A-III — adults; L — limited adult audience, films whose problematic content many adults would find troubling; O — morally offensive.

Motion Picture Association of America ratings: G — general audiences, all ages admitted; PG — parental guidance suggested, some material may not be suitable for children; PG-13 — parents are strongly cautioned. Some material may be inappropriate for children under 13; R — restricted, under 17 requires accompanying parent or adult guardian; NC-17 — no one 17 or under admitted; NR — no rating.

- Angels & Demons .....L (PG-13)
- Bruno .....O (R)
- Dance Flick .....L (PG-13)
- Drag Me to Hell .....A-III (PG-13)
- Easy Virtue.....O (PG-13)
- Fast & Furious.....L (PG-13)
- Fighting .....L (PG-13)
- The Hangover .....O (R)
- Ice Age: Dawn of the Dinosaurs .....A-I (PG)
- Imagine That .....A-I (PG)
- Land of the Lost .....A-III (PG-13)
- My Life in Ruins .....A-II (PG-13)
- My Sister's Keeper .....L (PG-13)
- Night at the Museum: Battle of the Smithsonian.....A-I (PG)
- The Proposal.....A-III (PG-13)
- The Public Enemies.....A-III (R)
- The Soloist .....A-III (PG-13)
- The Stoning of Soraya M. ....L (R)
- State of Play .....A-III (PG-13)
- Star Trek.....A-III (PG-13)
- The Taking of Pelham 1 2 3 .....L (R)
- Terminator Salvation .....L (PG-13)
- Transformers: Revenge of the Fallen.....L (PG-13)
- Up! .....A-I (PG)
- Whatever Works.....O (PG-13)
- X-Men Origins: Wolverine .A-III (PG-13)
- Year One.....O (PG-13)

capture by special agent Melvin Purvis (Christian Bale) of the nascent FBI, and romances Chicago coat-check girl Billie Frechette (Marion Cotillard). Though the bullets fly in director and co-writer Michael Mann's sleek adaptation of journalist Bryan Burrough's 2004 history, the violence never becomes excessive, and the focus remains on Dillinger's complex personality, his perverse popularity and the moral limits circumscribing law enforcement. Considerable action violence, brief torture, cohabitation, brief nongraphic premarital sexual activity, at least one use of the F-word, and occasional crude and profane language. A-III (R)

Twenty Something



Christina Capecchi | Grace is sufficient when dollars are short

**B**aited by the prospect of \$1 million, she turned down \$172,000 and then wound up with \$5.

"You know, Howie, money doesn't make me happy," the defeated contestant told the host of NBC's Deal or No Deal. The audience cringed and clapped.

Whenever I catch a rerun of this retired reality show, I cannot flip the switch until the final briefcase is opened and the verdict revealed.

I am fascinated by the quick calculus of risk and reward. Does the chance of luxury override the certainty of comfort? Does the possibility of a mansion trump the elimination of a mortgage? For many contestants, yes.

They are prodded by the deafening chorus, "No deal!" Even the parents and spouses — the ones you expect to inject a little common sense, the ones who actually will be affected by the outcome — join the mob.

"I'm the most conservative person when it comes to this game," a husband donned in khakis and an argyle sweater tells his pregnant wife, given the final offer of \$561,000. "But I have to agree with your mom on this rare occasion and say 'no deal.'"

When the queasy contestant cooperates, the audience voices its approval, cheering on the audacity and the lunacy.

Money has a way of making us all a little crazy. Our money, our neighbor's, a stranger's. The gain, the loss, the sheer idea of it. We imagine the power it would wield, the delights it would invite and the problems it would solve.

"Money doesn't buy you happiness," Johnny Depp recently told Vanity Fair. "But it buys you a big enough yacht to sail right up to it."

I caught that quote on Twitter, and it made me think of my penny-pinching, job-hunting friends, trying to keep their heads up in a down economy. Here we are, twenty something and saddled in debt, toting master's de-

grees our alma maters called valuable in a market that doesn't seem to care.

The headlines make us dizzy and doubtful. As we negotiate risk and reward, we can hear the public chanting, "No deal!"

It's easy to relate to this month's readings from St. Paul. Early in his ministry, he is feeling discouraged, comparing himself with other "superapostles" — such a modern term and temptation!

"Three times I begged the Lord," St. Paul writes, "but he said to me, 'My grace is sufficient

for you, for power is made perfect in weakness.' Therefore, I am content with weakness, insults, hardships, persecutions and constraints for the sake of Christ; for when I am weak, then I am strong."

We, too, are early in our ministries and feeling a bit uneasy, which is OK — good, even, if it helps us recognize the sufficiency of God's grace.

This recession can be a refiner, an overdue prompt to readjust our priorities, to launch careers for love, not money, and to seek simple pleasures: Redbox movies, root beer floats, Catchphrase. We can help each other find the hilarity and the hope. We can discover that profound paradox: weakness clearing space for power, humbling and honing us to better serve Christ.

The early apostles also made tough calculations, sizing up the crowd of 5,000 and their sparse resources. "Two hundred days' wages worth of food would not be enough for each of them to have a little," Philip says.

Then Jesus perfects power in weakness, and everyone is fed. So are we.

Christina Capecchi is a freelance writer from Inver Grove Heights, Minn. Email her at [christina@readchristina.com](mailto:christina@readchristina.com).



Facebook alert

Young? Catholic? Get connected

Are you a young adult in Hawaii? Are you Catholic? Are you on Facebook? Then why aren't you a member of the Hawaii Catholic Young Adults group?

Keep informed about what's going on in the diocese for young adults. Learn about upcoming events, share what you'd like to see going on in Hawaii, or publicize your own parish and group events.

Direct group link: [www.facebook.com/home.php#/group.php?gid=9506365699&ref=ts](http://www.facebook.com/home.php#/group.php?gid=9506365699&ref=ts)