



WEEKLY LETTER FROM MONSIGNOR KEN

Pope St. Pius X was born in 1835, became pope in 1914, and was canonized in 1954. The motto of his papacy was, “To restore all things in Christ.” This holy man once said, “I was born poor, I have lived in poverty, and I wish to die poor.” Despite his simplicity and humility, his was an extraordinary papacy, marked with amazing accomplishments, including his staunch opposition to the errors of Modernism, his impetus to biblical studies and the codification of canon law. However, he may be best known for lowering the age of reception of Holy Communion from age twelve to seven and encouraging frequent, even daily reception, earning the title “Pope of the Eucharist.” He is a powerful intercessor for the Church as this weekend we celebrate the Most Holy Body and Blood of Christ. Here is a beautiful Facebook post from Divine Mercy, dated September 17, 2025. “Today the church joyfully commemorates the memorial of St. Pope Pius X, lovingly known as the ‘Pope of the Eucharist.’ His ardent devotion to the Holy Eucharist earned him this title, as he tirelessly encouraged the faithful to draw closer to Christ through the Blessed Sacrament.

In 1910, he issued the decree *Quam singulari*, a landmark document that lowered the age of First Communion from twelve to seven years old—the age of reason and discretion. With this decree, Pope Pius X opened wide the doors of grace to children, affirming that even the little ones could receive and be nourished by the Bread of Life. The decree also emphasized the value of frequent and even daily Communion, calling it ‘a thing most earnestly desired by Christ our Lord and by the Catholic Church.’ He insisted that the Eucharist should be available to all the faithful, regardless of status or condition in life, so long as they were in the state of grace. He beautifully summarized his belief that the Eucharist is indeed the ‘shortest and easiest way to Heaven.’

Importantly, the decree clarified that while freedom from venial sin is to be desired, it is sufficient that one be free from mortal sin and have a sincere purpose of avoiding sin in the future. This reminder shows us that Holy Communion is not a prize for the perfect, but medicine for the weak—a divine remedy for our defects and failings. Yes, with this gift comes responsibility. To receive Holy Communion means also to embrace the call to conversion—to turn away from sin and grow ever closer to Christ, who gives Himself fully to us in love.”

Prayer: O Lord Jesus Christ, You who humbled Yourself to remain with us in the Most Holy Eucharist, grant us the grace to receive You worthily and with a heart full of faith. Through the intercession of St. Pope Pius X, may we approach Your holy table often, seeking strength, healing, and holiness. Help us to avoid all sin and to live in a way that reflects Your love. May the gift of Holy Communion truly become for us the shortest and safest path to Heaven. Amen.