

Fast Day Tomorrow.

Saturday, the Vigil of Pentecost, is a day of fast and abstinence. The dispensation for the campus does not apply to meals taken in South Bend.

Why Get Mad at All?

"A friend of mine refuses to receive Holy Communion because he gets angry. I have told him that anger is not always a sin. Was that the right answer?"

Anger is an inordinate passion for revenge. As an unreasonable passion it is by nature a venial sin; as a passion for unreasonable revenge it is by nature a mortal sin.

There is such a thing as a reasonable desire for revenge: e.g., on the part of parents who must punish their children for their wickedness. It is unreasonable if the desire arises over trifles or if it is chronic.

If a man is cultivating a habit of anger he has not the proper disposition either for Holy Communion or for membership in the Catholic Church. ~~The Church imposes the law of charity.~~ And if he prefers his passion ~~to~~ of anger to the love of God he is cultivating a cancer that will kill him in time. It grows quickly if it is not checked and he "Mads" himself out of business and out of society.

If a man wants to overcome a habit of anger, he should by all means practice daily Communion. In case he falls under a new temptation, he should humiliate himself immediately by a good confession and renew his **resolution** to conquer. It may take a long time, but God, who created human nature, understands that, and makes allowances.

Abstaining from Holy Communion until one has conquered a bad habit is like abstaining from food in order to gain enough strength to eat. Spiritual starvation is as sure a process as physical starvation. Grace is needed for the spiritually emaciated, and Holy Communion is the chief source of grace.

Wonder What a Prefect of Religion Thinks About.

I believe that the religious atmosphere of Notre Dame is one of the most remarkable things that I have ever experienced. While I have not ~~at~~ always been as **dareful** or as exemplary as I might be, I realize that it was due to pride, and I tremble to think what might have resulted were it not for Notre Dame."
--From a questionnaire.

Notre Dame Men in Hell.

"Do you think it possible for a Notre Dame man to go to Hell? We have been **having** an argument. I contend that the graces he receives here are bound to come back to him no matter how far he strays away."

"The graces received" are one thing: they will come back in his favor; "The graces offered" are quite another. They will stand against him on the day of judgment. Our Lord Himself thanked his Heavenly Father that He had not lost more than one of His twelve-- "son of perdition". But let's not talk about it. The just in heaven forget all about the damned-- no matter how much they loved them on earth.