Mass Saturday of Presentation of Blessed Virgin Mary. p. 1053. University of Notre Dame Religious Bulletin November 20, 1936. DON'T FORGET!! Mass, 6:25, main church, tomorrow for the team. Request SAC.

Here's What You Gain.

When you're lazy, indifferent, and inclined occasionally to smother the urge to go daily to Holy Communion, think of what each Holy Communion means to you:

Each Holy Communion means that you come into the closest possible contact with the keenest thinker, the most resourceful healer, the shrewdest advisor, the most attractive personality that the world has ever known. You have, for at least seven minutes, His undivided attention and interest all to yourself. Without interruption you can uncover your moral and mental and physical ills and receive His unfailing treatment. Is that not worth ten minutes of your most valuable time?

Through each Holy Communion you inevitably grow more pleasing to God, i.e., you become progressively more worthy of His special friendship and blessings. Now most of the religious sacrifices and practises of the peoples throughout history have been aimed at that--at making human beings more acceptable in the eyes of God.

You are bound through each Holy Communion to grow stronger against temptations of all kinds, and you become better able to take care of the many exacting duties that crowd your ordinary life.

Specifically, through each Holy Communion you become more of a MAN against the subtle and sudden onslaughts of your own passions. Is not this alone sufficient reason for being a daily communicant?

You take away, through each Holy Communion, some of the punishment that awaits you for the sins you have committed and you wipe away absolutely the deadening effect of your venial sins.

You experience at Holy Communion a spiritual joy, a sweetness, a comfort that sometimes, like a pleasant perfume, pervades your entire day.

You add to your security and glory at the last great Judgment when, Scripture

says, many men, through shame and despair, will call upon the mountains to cover them.

Through each Holy Communion you add a definite degree of happiness to the Heaven that you will enjoy. Men struggle on earth to afford a beautiful home in a more exclusive residential district. How much more sensible to try for a finer mansion and estate in the eternal reaches of Heaven. Through one earnest Holy Communion it is possible for you to break completely with some fault or violent passion that has harassed you for many years. Through a single Holy Communion you may obtain that special grace that you have prayed for since childhood. Through one Holy Communion you may work the conversion or salvation of an otherwise damned soul. Through one Holy Communion you may release some close relative or friend from the purifying fires of Purgatory. Through one Holy Communion you may win countless graces for parents, relatives and friends who are still struggling through a difficult life here on earth.

It takes only a few minutes--about ten to be exact--to receive Holy Communion at Notre Dame. By what strange principle of personal economy do you decide to pass up Holy Communion for a single morning?

PRAYNES: (deceased) mother of John Beer (Badin); Leo Billerman, friend of Pat Fisher, killed in hold-up; brother of Msgr. Conroy, Ft. Wayne, Ill, Cr. Mary Vincent, friend of Jim Motschall (Morr.); Mr. William Bonifas, Escanaba, Mich.; Chuck Pilon (old student), Flint, Mich.; grandmother of Bernard Eilers (Bad.); Dr. J. McAlaney, Portland, Me.