

KEEP YOUR HEAD. First
Friday tomorrow. . . .

University of Notre Dame
Religious Bulletin
October 3, 1940

Confession tonight at Dil.
How. or Cav. until 9:45.

Rewards for the Nine Fridays.

Twelve promises Our Lord made to all those who practice and promote devotion to His Sacred Heart, especially the devotion of the Nine Fridays. Here are the promises:

1. I will give them all the graces necessary for their state in life.
2. I will give peace to their families.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life, and especially at the hour of death.
5. Tepid souls shall become fervent.
6. Sinners shall find in My Heart the source and an infinite ocean of mercy.
7. I will bless the homes in which the image of My Heart shall be exposed and honored. (Is your picture up?)
8. Fervent souls shall speedily rise to great perfection.
9. I will give to priests the power to touch the most hardened hearts.
10. Those who propagate this devotion shall have their names written on My Heart, never to be effaced.
11. I will pour abundant blessings on all their undertakings.
12. I promise thee, in the excess of the mercy of My Heart, that its all-powerful love will grant to all who receive Holy Communion on the First Friday of every month, for nine consecutive months, the grace of final repentance, and that they shall not die under My displeasure, nor without receiving the Sacraments, and My Heart shall be their secure refuge at that last hour.

A Date A Day.

In answer to several questions: Yes, the Church wishes us, not only to pay special devotion to Our Guardian Angel on every Tuesday, but also to honor on:

Sunday -- The Trinity.
Monday -- The Holy Ghost.
Wednesday -- St. Joseph.

Thursday -- The Blessed Sacrament.
Friday -- The Passion.
Saturday -- The Blessed Virgin.

Show some devotion to each of these on their respective days by some praise, gratitude and petition at Mass and Communion. Offer up at least night and morning prayer or some other little special devotion or denial. Be systematic.

Saturday is Mary's Day.

There was an old tradition here, established in the founding days and continued up to, and during, Rock's time to honor especially the Blessed Virgin on Saturday. Everybody went to Mass on that day, just as on Sunday. That, of course, was before the present era. Now, N. D. is crowded with too many softies who wilt at a little loss of sleep. They misinterpret morning prayer, and measure it against "pers."

Maybe Rock's picture will stir up the old-time N. D. pride in doing hard things, of being able to "take it with a smile", and re-establish that old custom of everybody up for Mass on Mary's day -- and not just during football season, either.

NOTE: 1. Stop, look and pray tomorrow. Rosary and Benediction conclude First Friday Adoration at 5:00 P.M., The Lady Chapel while enroute to 5:30 meal.
2. Tomorrow, Feast of St. Francis, Third Order Mass, Howard Chapel, 7:20.

PRAYERS: Deceased, Mother of James Hurley (Z.); brother of Ed Shevland (Sor.), Anniv.