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Take More Time For Confession.

Penance is a Sacrament, a sacred ceremony which must be treated with respect. Proper preparation and thanksgiving must be given to this means of grace. Lack of preparation can endanger the validity of the sacrament. An invalid sacrament does not wipe away sin, nor give strengthening grace. Hurry, giving rise to negligence on the part of the penitent, is sinful.

Examine your conscience and make acts of sorrow and resolution before you enter the confessional. The longer a penitent has been away from the sacraments the more time he needs to spend in preparation. Confessions are heard every Saturday night in Dillon, Howard and Cavanaugh Halls for your convenience. Go then rather than on Sunday morning at Mass.

Easter Duty.

Christ made it clear that His followers must receive Holy Communion if they wish to keep their souls in the state of grace: "Unless you eat the Flesh of the Son of Man and drink His Blood, you cannot have life in you." Christ did not specify the frequency of reception nor the time of the year Communion must be received. He left the determination of these elements to Mother Church, His representative on earth.

The Church law states that Catholics must receive Holy Communion at least once a year, and that during Easter time. Easter time in the United States extends from the First Sunday of Lent (not Ash Wednesday) to Trinity Sunday. Deliberate violation of this law is a mortal sin.

The Bengal Fighters . . .

teach us a lesson. No fight can be won unless the fighter prepares by developing his abilities and by removing all obstacles to success. The runs around the lake, the socks thrown at the punching bag, and the blows given and taken in practice rounds have a two-fold effect: they put a fellow in fighting trim and become a source of penance, if they are offered with the intention of pleasing Christ. It's been a great Lent for those who workout in the northwest room of the Rockne.

Sunday Is Laetare Sunday.

The Church is a wise Mother. She knows children. She knows they need encouragement to keep them persevering at their work. Tomorrow this Mother tells us to "Rejoice" ("Laetare" - the first word of the Introit of the Mass). We need joy and consolation, so She interrupts her Lenten mourning for a day. You will notice at Mass that the symbols of mourning have been put aside: the organ will be played at the High Mass, the vestments will not be purple, but rose.

The purpose of this cheer and encouragement is to revivify our desire to persevere in our works of penance and of bettering ourselves. A good mother never talks in generalities. Mother Church knows what we must have for perseverance. In the Gospel story about the multiplication of the loaves of bread She tells us that we will find it impossible to follow Christ unless we eat the "Bread of Life", Holy Communion.

Visit the Grotto.

St. Joseph no doubt will urge you to drop down to the Grotto daily to see the model of the girl he is asking Christ to send you for your wife. Join the crowd making the visit immediately after supper.

PRAYERS: (Ill) Sister M. Joul de Chantal, I.H.M.; niece of Ed Sullivan (Wal); father of Al Sniadowski '38; Lt. Joseph Weidner, ex '41 (serious in camp). Seven spec. int.