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Support The Team Tomorrow - At Mass.

If it's cold, all the better. The added sacrifice will give more power to your prayers in the chapel. Off-campus students can go to Mass in Dillon Chapel at 7:15. Go to confession tonight. There's not much time in the morning. Dillon, Cavanaugh and Zahn Chapels are open until 9:45.

He's Behind the Team.

On every football Saturday a Mass is offered for the team at the request of one of Notre Dame's workmen. The players know this gentlemen and have great admiration for him. For many years, unknown to them, he has been doing his part for the squad by having these Masses offered. When asked about the intention of the Masses, the reply was: "So the boys won't get hurt, and for their success".

An Appeal For Prayers.

How often do you say an extra prayer for those who beg your help through the Bulletin? The following letter from a Notre Dame grad now in the service offers proof to you that others have faith in your prayers.

"Dear Father: - I am enclosing \$1.00 to have a Mass said for Dad's recovery to health. He was operated on two weeks ago. The operation revealed that he is doomed - the time may be in several months. That is why I beseech you for spiritual aid, for it may prolong Dad's life.

"There are six at home without a mother who died 10 years ago. If Dad goes it will be pitiful for them. I am the oldest child, but can't do much for them since I am too far away from home. Nevertheless, I do pray and receive Communion for all at home. Conversing with God in and out of the chapel is one great enjoyment I have.

"Father, I really miss the facilities afforded at Notre Dame for daily reception of Communion. During my six years at N.D. I received daily, and have formed an everlasting religious foundation that will support me throughout my life in combat with the devil.

"It was Dad's last pennies that put me through Notre Dame. I never had a chance to remunerate him, for immediately after passing the Maryland bar examination I was drafted. Please remember dad in the Bulletin, and me too, so that God will bless me in my daily work toward getting my commission."

Al.

Everybody --- An important note for Confession.

The act of contrition found on your night prayer cards in the chapels is an act of perfect contrition -- everyone should certainly know it. The best act of contrition, however, for the confessional is the one you learned years ago, since it includes explicitely both the acts of imperfect and perfect contrition, thus recalling all possible motives for sorrow in a clear, definite manner. Here is that act of contrition: save this bulletin, memorize the act and use it in confession.

"O my God, I am heartily sorry for having offended Thee and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.