

Adoration in Church  
All day, from 7:30  
to 5:00 Benediction

University of Notre Dame  
Religious Bulletin  
December 9, 1942

Persevere in Novena  
For Parents. Confessions  
at Night Prayer.

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### Seniors And Draftees:

Have you any worries?

Do you want to put your past behind you; make it a closed book?

Do you want to start off your new life feeling like a new man, happy and unafraid?

Then make a GENERAL CONFESSION.

### How To Go About It.

Its Purpose: You are men, sons of God, heirs of heaven. You are about to enter a troubled world to do a man's job for Christ. And that job may be fighting, engineering, making a living with the talents given you. You may be supporting a family. All this for Christ. Are you ready for your task? Honest men do not deceive themselves. They face the issue. It's YOU who must do all this in God's way. A GENERAL CONFESSION will bring you face to face with your self; it will show where you are weak, where strong.

Get A Look At Yourself. Take a period of your life. Let it run through your mind. What are the worries you find, What are the sins?

How to Get A Look At Yourself: Slow up a little. Gear yourself down for a few days for a bit of reflective thinking IN THE CHAPEL before Christ in the Blessed Sacrament. Do it at night, as many prefer; the darkness helps thought and meditation. Spread your reflection over a number of periods of solitude with yourself. A general confession cannot be made properly and with profit in ten minutes.

What Will Show Up? Start your thinking by a prayer to the Holy Ghost and to Our Lady. Sit down and let the past bubble up. You will not have to think long before a few acts of your past are floating on top of all your thoughts. These acts may be sins, unsolved worries or unsettled doubts. This is the material you want to sluff off, push out of your life forever - because it is slowing up your efficiency in the service of Christ. Get the problem or the sin clearly in mind; don't give too much thought to numbers. The confessor will fill in the details.

Above all, find the causes of your weaknesses. Liquor, companions, books, pictures, money, laziness, vanity, pride, human respect, failure to pray and to use the Sacraments of Penance and Holy Communion? Maybe it's weakness. Worse yet: indifference.

It Might Work Like This: (Night. 10:00. Alone in chapel.)

"I never knew how peaceful the chapel could make one. Where have I been all this time? My Savior, I now see clearly how much I have offended you and tempted others by my foul and suggestive talk. In another week I'll be thrown in with a group of soldiers. I'll be on my guard. Give me the backbone I need. I trust that you will correct me. And now this matter of my attitude toward authority . . . (and so on)."

About The Actual Confession. Since you are going to unload a lot, perhaps your four years of university life, maybe your entire life, and since you will want to ask your confessor some questions, MAKE THE CONFESSION when you know the confessor IS NOT RUSHED.

First, mention the time elapsed since your last confession and the sins committed in that interval. Of course, as soon as you are in the confessional inform the confessor of your desire to make a General Confession of Devotion, and give him the reason. The actual confession will not be difficult. Ask the priest to give you the leads, unless you want to tell the matter in your own way.

Ask The Man Who Made One. He will tell you the lift you will get. You will leave the confessional relieved, happy, almost floating, especially if you have unburdened yourself for the first time in your life. When the priest gives you absolution, you will realize that the past is past, forgiven by Christ, and the future holds high promise for you . . . and heaven.