

Persevere in Novena  
for Purity. . . . .  
Friday is First Friday.

University of Notre Dame  
Religious Bulletin  
December 1, 1943

Sunday is Universal Comm-  
union Sunday for N.D. men.  
Receive wherever you are.

Students Say Holy Communion Makes Them Chaste.

It is the boast of the Catholic Church that She has the gift of making young hearts and bodies chaste. Cardinal Newman gives the reason for this power: "...It gives us Jesus Christ for our food, and Mary for our nursing Mother".

In the classroom and in the pulpit Catholics are taught that one of the fruits of the reception of Holy Communion is a lessening of the fires of concupiscence. Statements made by Notre Dame students give a detailed description of how Holy Communion bore fruits of purity in their lives.

"Seniors are the biggest fools spiritually. I'm one. I think I know. I have stayed away from Communion for weeks at a time, and have fallen for most temptations. When I start back I can overcome any temptation and lead a good life. Holy Communion is the greatest force for good in the world."

"It has aided me greatly in overcoming and stopping impure thoughts. It has made me respect Our Blessed Mother and all women more than I ever did before."

"I feel that it is the most wonderful help God has given man. A temptation that used to get the better of me I have mastered, thanks to Almighty God. I am fortunate in being engaged to a wonderful Catholic girl, and I know that through Holy Communion we have learned to see each other as real children of God, designed to be of service to the world."

"Before I started daily communion I was tormented daily with impure thoughts. They have decreased decidedly since I began the practice."

"Holy Communion keeps me closer to God, prevents me from using profane language and telling bad stories, gives me more confidence spiritually, and relieves me from fear in travelling."

"When discouraged or disheartened I instinctively turn to Holy Communion as practically my only relief."

A Question.

Occasionally a student who is receiving Holy Communion frequently will ask why he is making no progress in overcoming habits of impurity. There are many reasons for lack of improvement in frequent communicants. The fault certainly is not on the part of Our Blessed Lord. He is always ready to work on the soul through Communion. The obstacle to Christ's grace may be the refusal to leave an occasion of sin. Or sometimes it is lack of preparation for Communion and little thanksgiving afterwards. Every reason seems to be reduced to lack of self-denial. One student expresses it in this manner:

"I always feel like a fool after remaining away for more than a day or two. It doesn't give me an exalted feeling as it did at first, but the feeling of peace is worth twice the sacrifice. I never realized it until these last few weeks, but it is becoming easier to resist temptation. I can't attribute this to anything but Holy Communion. I can see now that what it did for me in four years would have been accomplished in less than half that time with more sacrifice on my part.

MASS: in civilian halls: 6:50 A.M.; in military halls 5:00 P.M.; also 6:45 P.M. in Dillon. CONFESSIONS: during Mass, and from 7:30 to 10:00 P.M. in Sorin and B-P. CHAPLAINS AND STUDENT COUNSELORS: 141 Sorin (Fr. Craddick); 121 Breen-Phillips (Fr. Simonitsch) and 115 Main Bldg. (Fr. Sheedy)