

(FOR THE CATHOLIC STUDENT AT NOTRE DAME)

Confessions: in  
Basement Chapel at 6:30 P.M.  
In Sorin and B-P after 7:30

University of Notre Dame  
Religious Bulletin  
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Late Mass in Sorin at  
7:20 A.M. daily and  
Communion until 11:30.

How Would You Make An Act Of Perfect Contrition?

At this moment, you are in mortal sin or you are not. If you are not in grave sin, then all that you do in this state (of grace): study, drill, dance, suffer, eat, play, gives glory to God your Father in Heaven. Moreover, all your actions, even the most insignificant ones, merit for you an increase of happiness in heaven. If you die free from mortal sin, you will enter Heaven and live a life of unspeakable joy with God forever.

If you are in sin -- mortal sin, then you are an enemy of God. By your serious disobedience to His law, you have put Him out of your life. It is a terrible thing to be an enemy of the Living God. All previous merit gained by the performance of good works is lost by grave sin. If death comes when a person is in this state of enmity with God, he will be sent to hell to suffer eternally.

But God forgives. It is most important for every person to know how to obtain that forgiveness should that need ever arise. Our Heavenly Father demands that the Prodigal Son return to Him and express sorrow for his offences. God always grants pardon, even for the most heinous sins, when the sinner makes a sincere Act of Perfect Contrition.

Not every act of sorrow is an Act of Perfect Sorrow. Sometimes men make acts of Imperfect Contrition, that is, they turn to God and tell Him they are sorry for their sins because they fear the everlasting fires of hell or the loss of the joys of heaven. God is not moved to forgive the sinner guilty of mortal sin when his motives are of this nature. The sorrow acceptable to God, the kind that will remove all sin, regardless of its gravity and number, is that which is prompted by God's Goodness, Mercy, Justice, Omnipotence. Sorrow based on any one of the divine attributes make Contrition Perfect.

What if your ship was sinking? What if you had lost control of your plane? What if an enemy bullet had found its mark and you were left alone to die? What if you are injured in an accident? What if you are sick and dying? Would you know how to make an Act of Perfect Contrition?

Former Students Tell You How.

A number of years ago, a group of students told how they would make an Act of Perfect Contrition. Their responses will aid you in injecting meaning into the formula you learned from some book or teacher.

"Try to forget there is a hell, and think only that you pulled a dirty trick on your Best Friend, and then make up your mind it won't happen again if you get the chance.".... "Bring to mind Christ bleeding upon the Cross with myself as the cause.".... "Consider how good God is simply to let us live."... "Resign myself to God's will and throw myself on His Mercy because He is God."

To be remembered: 1) The Act of Perfect Contrition will obtain forgiveness of sin even before one goes to Confession; therefore, say an Act immediately after falling into sin. 2) Non-Catholics can have their sins forgiven by the act of contrition; therefore, as an act of charity, see that your non-Catholic friends possess the formula for the Act of Perfect Contrition. Always say an act of Contrition with a dying man. 3) Know an Act of Perfect Contrition by heart. An act that is improvised in the confessional or when in danger may not contain the proper motives for sorrow. O MY GOD? I AM SORRY FOR HAVING OFFENDED THEE, BECAUSE I LOVE THEE. (Short form of Perfect Contrition. See N.D. Prayerbook for longer form which everyone should know.)