

Who gets your week-  
end? God or the devil?  
Avoid occasions of sin.

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Confessions: At all  
Masses, and Sat. A.M. in  
Sorin Chapel. Press  
buzzer.

"Good Morning, God!"

In the early morning as we walk to our work, we give everyone a pleasant greeting. The roommate, the rector, hallmates, even the pooch that hangs around the Dining Hall shares in our good wishes. God deserves a similar token of respect and friendliness far more than any of our associates, rational or irrational. A short greeting and familiar conversation with our Father in Heaven is what we call Morning Prayer. "Good morning, God!"

Who said this prayer must be made on ones knees? The ideal is to meet God. His Blessed Mother and the Saints on our knees as a sign of our humble submission. Sometimes this external manifestation of our prayerfulness cannot be shown; one may have overslept, one may be a serviceman, a sailor whose time is not his own and who must spend the first hours of his morning "on the double" lest he miss calisthenics, muster and thus subject himself to reprimand. Be faithful to three easy rules and you will seldom forget God early in the morning.

I. Rise promptly, hit the deck, at the sound of the alarm or reveille. Make this call to start the day the call of God, the voice of your Heavenly Father, asking you to start another day for Him. With this thought in mind, you will be disposed to throw aside all excuses for sleeping longer and for complaining about fatigue. Promptness in rising is your silent way of telling God you want to be prompt in doing His Holy Will during the day. You may rise as wretched looking as Sad Sack, yawning, stretching, perfectly ugly in countenance. Remember that God looks at the heart and not the external circumstances. For some individuals, namely, for those who have a special love for the mattress, this alacrity in responding to the "voice of God" can be the most pleasing, and therefore, the most efficacious part of morning prayer.

II. Attach the saying of Morning Prayer to some specific action performed soon after rising. Pray while dressing. Better yet, converse with God at the wash bowl while making the morning ablutions. Pick up a small Holy Picture (see the Chaplain) and secure it to the mirror over the bowl or on the inside of your cabinet. The picture will remind you of God's invisible presence and of your obligation to chat with Him. You can pray fervently submerged in soap and water, while drying yourself in the embrace of a Turkish towel, while shaving and grooming your hair. If you must turn on the radio, do it only after your prayer, not during it. If you form the habit of praying at the wash bowl now, the chances are you will pray wherever you cleanse your face, aboard ship, at the front, in camp, at home, in a hotel. While toning up your face, you should also be toning up your soul.

III. Make your prayer twofold: Promise and Petition, if nothing else. Always start the day telling God the Father that you sincerely promise to be faithful to His commandments and inspirations. Offer to accept cheerfully, without complaint, the sufferings and disappointments of the day. Assure Him that you will do your duty, whatever it is, study, drill, stand watch, even die if it is His Holy Will. (The prayer called the Morning Offering covers these points. Learn it by heart. It can be found in the Notre Dame Prayerbook.)

Petition is an admission. By it we tell God we are lost without His blessing, grace and mercy. You want a successful day; ask for it. Pray for the courage strength and inspiration you will need to live in a Christlike manner. If you wish, say the Our Father, Hail Mary, and the Memorare and other formulas of prayer with petition in mind. Petition makes the poor man rich. "If God is with me, who is against me?" That's what you will feel like saying after your "Good Morning!" to God.

CHIEFS NOW KNOW THAT STUDENT-SERVICEMEN MAY LOG OUT OT SEE THE CHAPLAINS EVENINGS.  
THERE IS A 5:00 P.M. Mass in Dillon and Zahm Halls every Saturday.