

(FOR THE CATHOLIC STUDENT AT NOTRE DAME)

Don't delay confession
until Sunday Mass. Go
during the week.

University of Notre Dame
Religious Bulletin
July 19, 1944

Late morning Mass in
Sorin Hall Chapel,
7:20 A. M., weekdays.

Bread.

The cry in countries liberated from the enemy is for food. The United States has heard the appeal and is manifesting its charity by shipping large quantities of necessary supplies. The first commodity rushed to the stricken lands is flour for bread. Bread is important. People, young and old, seem to be able to live on it alone. It has some priceless energy in it that keeps body and soul together, that gives strength and power to resist disease. Men have come to depend so completely on bread as a vital need in their daily menu that it has come to be called "The staff of life", a protecting weapon to ward off attackers, a supporting rod to keep footing secure as one travels over the rough and treacherous paths of this world.

The Bread From Heaven.

If you need bread for your body, you also need it for your soul. Christ calls Himself Bread, "the Bread of Life." He also says very clearly that unless one takes this bread he will die (spiritually, that is, he will commit serious sin): "Unless a man eat My Flesh and drink My Blood", He implied that He was to be taken frequently, even daily. You are starving, you are weak spiritually, if you are not partaking of Holy Communion frequently. The presence of sin in one's life convince a man that he needs spiritual food.

What the Church Says about Daily Communion

"The Council of Trent, having in view the unspeakable treasures of grace which are offered to the faithful who receive the Most Holy Eucharist, makes the following declaration: 'The holy Synod would desire that at every Mass the faithful who are present should communicate, not only spiritually, by way of internal affection, but sacramentally, by the actual reception of the Eucharist.' Which words declare plainly enough the wish of the Church that all Christians should be daily nourished by this heavenly banquet and should derive therefrom abundant fruit for their sanctification."

Communion Privilege for Servicemen.

Further evidence that the Catholic Church wishes frequent and even daily Communion to become part of one's life is implied in the privilege which She has granted to Defence Workers for the duration. This privilege allows a person who has been on duty through the night to receive Holy Communion after a fast of four hours from solid food and one hour from liquids. It applies at any time of the day following the overnight work.

Men in the Armed Forces are defence workers; this point has been settled by the Holy See. Therefore, when a serviceman has been on duty at night he may use this special privilege. At Notre Dame it would apply to men on watch after midnight any day of the week, including Sunday. These men may take food and drink after midnight and receive Holy Communion later in the morning, provided that they have kept the required fast.

Where You Can Feed Your Soul.

The Bread of Life will be given to you every day in your hall chapel, in the morning for civilian students and at the Afternoon Mass for the servicemen. Sorin Chapel offers Communion facilities until 11:30 A. M. daily, except Sunday. Press the buzzer at the chapel door, once for Communion, twice for Confession.