

Can you say you don't  
need the Novena for  
Purity and Peace?

University of Notre Dame  
Religious Bulletin  
December 1, 1944

First Friday Benediction  
at 6:00 P.M. tonight.  
Mass for team tomorrow.

Purity And Holy Communion

(Intimate experiences of students with Frequent Communion)

"I think that any fellow who craves the companionship of women either in the outdoors or on the dance floor, as I do, could find nothing more beneficial for the preservation of his purity and the ideals of womanhood than daily or frequent Communion."

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"The least evil though or curse word hurts when I think of Holy Communion. It is certainly helping me, and I hope I can keep it up."

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"When I seldom went to Communion my mind was full of rotten thoughts and nasty words; now I think of God and play and studies. A good habit has supplanted the bad one."

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"Frequent Communion is the best means of preserving purity that can be found. No one will ever know what it has done for me, and the sin of impurity no longer offers any alluring temptations. God grant that chastity may continue, and that the missionary who brought me back may have additional heavenly reward. No finer priest ever lived."

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"Before I came to Notre Dame I was of the opinion that a fellow could not do away with the things that ordinarily confront him. But after receiving daily for about six weeks I was never troubled the rest of the year with those undesirable thoughts."

"When I came to Notre Dame I was tired of living. I had spent most of my life seeking pleasure, and mostly with girls and women. Daily Communion has made me seem to want to live and do things."

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"When I started my high school course about five years ago, I was to a certain degree a slave to impurity. Upon the advice of my confessor and following the example of my companions I began daily Communion. At first I did not altogether quit this sin, but after about two months I did, and I have committed it only once since that time."

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"It has made me see the better side of life, and hold women in high esteem."

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"I have learned to respect chastity in women and in myself. Previously, my mind was in a low state from city companions, who talked vulgarly of women and lessened my respect for them. Now I like to consider girls as I would my mother. My heart feels lighter during the day."

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"A comparison between the sinfulness of my former impure life and my present freedom from unchastity makes me thank God for frequent Communion. Knowing that all men are tempted fiercely I pray God to give others the graces of frequent Communion that they also may overcome temptation."

Thanks. . .

. . . to the ready generosity of the six civilian students and the two servicemen who hurried to the hospital to answer an emergency call from the hospital for a number of blood transfusions for an accident case.

. . . to the two servicemen who recited the rosary and litany of the Blessed Virgin together at the Grotto at ten o'clock the first night of the Novena for Purity and for Peace. Not only you but the rest of the students will be helped by your devotion to Our Lady.

PRAYERS: (Ill) sister of Brother Malaric, C.S.C. and Ed Eisel (B-P), serious.  
Five Special Intentions.