

FIRST FRIDAY ADORATION,  
Church, 12:30 to 5:00.  
Make a half-hour.

University of Notre Dame  
Religious Bulletin  
April 4, 1945

THURSDAY IS CASUALTY DAY.  
Pfc. Geo. Birmingham, ex.'45  
Sioux City, killed at Iwo.

### Objections To Frequent Communion.

"I tried frequent Communion once. I quit when I got nowhere."

Reply: Wait a minute. We have Christ's word that He will help the soul by every Holy Communion. If you got nowhere, two things could be wrong. First, you actually got somewhere, but didn't realize it. It does not follow that just because you may not have completely conquered a sinful habit, like impatience or impurity, that you made no progress in virtue. Maybe a few more months of frequent Communion would have manifested some improvement. It takes time for Christ to uproot old habits of sin, not that He doesn't make vigorous effort, but that His grace finds strong opposition in the soul. The Old Man in us dies hard, and always resists the efforts of Christ. If you check back over your frequent Communion days, you will see many good results, like the ability to remain out of mortal sin for longer periods of time and a more sincere desire to conquer self.

Then again, something else might be wrong. Maybe you let Christ in Holy Communion do all the work. The grace of Communion won't carry you away from a bar when you have had enough to drink. Nor will it stop you from dating a girl with whom you always sin. Christ will inspire you to avoid the occasion of sin, but you must put your hand in His and go along with Him. He half carries you as it is. If you make trouble for yourself, He won't force you to do good.

They say murderers often return to the scene of their crime. One did the other day, according to a newspaper report, and the fellow got caught. Make the effort to stay away from your old sins and Christ, through frequent Communion, will give you the grace never to be trapped by them.

"Once a week is enough for me."

Reply: Not bad at all. If you continue this practice after you leave Notre Dame, you will be a model husband, a great father to your kids, an honest business man, and your friends and associates will know you for your charity. But why set up limits to your reception on Communion now? If Communion once a week will give you supernatural power to do a good job at home and at work, won't more frequent Communion make it easier for you to do a better job at school, and with more facility. And won't frequent Communion NOW make you far better in your family and business life than you otherwise would have been? Christ is the "Bread of Life," according to His own words. And it was He who composed the Our Father with the phrase, "Give us this day our DAILY bread."

"I like to sleep."

So did the Apostles in the Garden of Gethsemane when Our Lord wanted them to be alert. You know the reprimand He gave them for their failure to remain awake, "Could you not watch one hour with me?" You always rise when you want to. You did the morning your girl arrived on an early train for the football weekend. It's the old story of appreciation. We make sacrifices for the persons and things we value. It looks like you are caring more for your body than for your soul. Convince yourself that you are not an angel, and that you need Christ in Communion to help you practice virtue with ease and without faltering. Something is certainly wrong with your sense of values, if you can live within a few feet of the chapel and Holy Communion and yet won't sacrifice a few minutes of sleep each day to better your soul.

PRAYERS: (deceased) Irvin Norwicki; Mrs. Gaffney; mother of Father Thomas Curran, C.S.C.; father of Prof. Larry Stauder (Eng. Dept.) (Ill) Mrs. Smith; Ben Eilers, '40, recovering from wounds; Five Special Intentions. One Thanksgiving.