

All spiritual writers  
recommend frequent  
confession - twice  
monthly, at least.

University of Notre Dame  
Religious Bulletin  
September 25, 1945

Relic, statue and novena  
prayers to St. Therese,  
the Little Flower, in  
Sorin Chapel.

### Requiescant In Pace.

Last week God called two nationally known men to their reward, John McCormack, the Irish tenor, and Monsignor John A. Ryan, the champion of the rights of the laboring man. A great reward will be theirs. One virtue was common to both these men: they used their talents to bring happiness to their neighbor. John McCormack helped men and women put away their cares and worries for a while by means of his songs and ballads. Life became more bearable after hearing the truths he told in music. The good accomplished by John McCormack was publicly recognized by Notre Dame in 1933 when the University awarded him the Laetare Medal, the annual honor given to a Catholic layman for distinguished achievement for God or country.

Monsignor Ryan is known to students of the upperclasses. They use his textbooks on economic and social problems and read his articles on a variety of economic subjects. Where John McCormack assisted his neighbor through song Monsignor Ryan helped him by working and fighting to secure justice for him in his social life. Economic history in the United States will always contain a chapter on Monsignor Ryan and his work, because he was a pioneer in his field. In 1917 Notre Dame awarded Monsignor Ryan the degree of Doctor of Laws. His work did not escape the eye of the Pope who elevated him to the dignity of Monsignor as a reward for his invaluable services to the welfare of his country.

You can imitate both these men by using your talents to the limit for God and the good of your neighbor. Say a short ejaculation prayer NOW for these departed souls and remember them in Mass and Holy Communion tomorrow.

### Sign Up For Adoration.

Student-promoters of the Daily Adoration for October will call at your room within a few days. Leave with them the time you wish to make your half-hour watch in prayer before the Blessed Sacrament. The Adoration will begin Monday, October 1, and will continue for two weeks. Traditionally, the Adoration extends throughout the entire month but because of the examinations and mid-semester vacation it must be shorten this year. Volunteer for any period between 12:30 and 5:00 P.M. More students should wear the cassock and surplice during their watch.

### Holy Communion and Studies.

"I can now put more time on my studies. Before I began the practice of frequent Communion my mind was distracted when I tried to study, usually by evil thoughts."

"If you want a good foundation for the day there is nothing like it. The breaks seem to come your way. You are happy at heart. A good beginning makes a good ending. Frequent Communion give you something to work on -- a foundation of prayer, so to speak."

"The only time in my college career that I have been successful in all my examinations was when I made the only novena I have made before examinations."

"It keeps me from the blues and helps me to do things well."

-- Student comments on Frequent Communion.

PRAYERS: (deceased) Michael Carroll, friend of Midshipman Dick Sayers (formerly N.D. V-12, now N.D. V-7); Michael DeBenedictis and Francis DeNafio, friends of Mike Manzo (Sor). (Ill) Frank Curran (St. Eds), operation. 2 Special Intentions.

HOLY COMMUNION (and Confession) ALL MORNING IN SORIN CHAPEL