

Communion is distributed  
until noon in Dillon;  
until 9:30 in Cavanaugh

University of Notre Dame  
Religious Bulletin  
October 8, 1947

Plenty of Rosaries  
in the Dillon pamphlet  
room; they are blessed

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### Students Praise Frequent Communion

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"Since coming to Notre Dame I have become a new man entirely, and I have daily Communion to thank for it. I would not hesitate to prescribe it to my best friends."

"When I first came to Notre Dame I was inspired by the example of daily communicants. But now I am sorry that it took me a whole week to wake up. Since then I have missed only once. Daily Communion has been a great aid to me in overcoming temptations, and many a morning I preferred missing breakfast to missing the Strength of the World!"

"I have had a tough time of it with temptations against purity. At first I rid myself almost completely of them, but after two or three months they returned. Communion has at least kept me fighting and hoping, and my mind is free from unclean thoughts most of the time whereas formerly they were almost continuous."

"Frequent Communion seems to bring peace to the mind. One can find pleasure in his thanksgiving after Communion, as well as in other thoughts of God during the day."

"I feel like a soldier who receives a supply of ammunition to fight off the dangers of the day."

"Seniors are the biggest fools spiritually. I'm one. I think I know. I have stayed away from Communion for weeks at a time, and have fallen for most temptations. When I start back I can overcome any temptation and lead a good life. Holy Communion is the greatest force for good in the world."

### What The Church Says.

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"Frequent and daily Communion is to be promoted....in all Christian establishments, of whatever kind, for the training of youth."

"But since it is plain that by frequent and daily reception of the Holy Eucharist union with Christ is fostered...therefore parish priests, confessors and preachers...are frequently, and with great zeal, to exhort the faithful to this devout and salutary practice."

### A Pope Says.

"Holy Communion is the shortest cut to Heaven! There are other ways it is true: innocence, for one; but that is for little children! Penance: but we are afraid of it. Generous endurance of the trials of life, but when trials approach, we cry out and beg to be delivered. Once and for all, beloved children, the surest, easiest and shortest way to Heaven is the Holy Eucharist. It is so easy to approach the Holy Table and there we taste the joys of Paradise."---Pius X

PRAYERS: (Ill) aunt of Ken Mahon (Sor); aunt of Ed Drinkard, (OC), dying. 3 Special Intentions.

VISITING CARDINAL TO GIVE BENEDICTION  
THURSDAY AT 5:00 P.M.