

Get rid of worries,
and sin, before exams, in
Confession tonight.

University of Notre Dame
Religious Bulletin
May 19, 1949

Late Mass daily in
Dillon and Cavanaugh,
at 7:20 A.M.

Tips For Summer.

Wherever you go this summer, you must take with you the Ten Commandments, and keep them, if you want to be happy. The Commandments are guides to happy living--and to Heaven. Don't let followers of the world convince you otherwise. The only form of action that will completely satisfy your conscience, and God, is virtuous action. Start your summer with a definite plan of spiritual action, and then you will make sin remote. The plan that follows is the bare minimum for all Catholics.

A daily act of contrition. Some Catholics wait until confession time to make their acts of sorrow for sin. A foolish way to live! The person who falls into mortal sin makes himself an enemy of God, loses all right to Heaven (and gains a sure ticket to Hell), makes himself easy prey to temptation, and loses all right to gain merit for any of his actions. Good sense tells one to make an Act of Perfect Contrition immediately after the commission of a sin. This is madness--for any man in mortal sin to retire or enter danger without turning his heart to God in sorrow.

Sunday Communion. Without food you will get thin. Without the Eucharistic Food you will get thin in virtue. Let no obstacle get in your way to prevent you from receiving Christ every Sunday. Take your girl out Saturday, if you wish, but don't feed her or yourself after midnight (1:00 A.M. where there is Daylight Time). Rise on time for a Sunday Mass in which Communion is distributed. With the support of Communion the Ten Commandments become easy to follow. Watch sin enter your life once you omit Holy Communion.

Daily Rosary. Anyone who prays only for a minute or two in the morning and evening will have a hard time getting into Heaven. The person who takes ten minutes out each day to give to prayer will find happiness here on earth and in Heaven hereafter. Our Blessed Mother has promised Heaven to those who recite her Rosary every day. Carry your beads always, in your dress suit, in your work trousers, in your pants -- always.

Self-denial. You have two strikes on you, with the Devil pitching, if you do not deny yourself frequently. Denial keeps one in condition to say "No" to temptation when it comes, and it helps to keep the senses tamed down. Of course the more violent your temptations, the more mortification ought to be your practice. Here are a few means of denying yourself. Omit reading of comics once a week, or omit your favorite now and then; when on the job, omit taking a coke and make water your

refreshment; rise the moment your alarm goes off in the morning; bend your back and pick up your clothes off the floor of your room; don't leave the job to your mother. Without denial you will never know the joy of hearing Christ say to you, "Enter into the Kingdom prepared for you from the foundation of the world."

PRAYERS: (deceased) father of Father Robert McKee, CSC; Bella Kenny, aunt of Pat Kenny (Wal); uncle of Ward Spence (Dil); uncle of Jim Garvin (Far); grandmother of Gene Foran (Far); grandmother of Dick Eckholt (OC). (Ill) sister of Father Luzny, CSC; brother-in-law of Father Patrick Haggerty, CSC. Nine Special Intentions. One Thanksgiving.



*Reserved seats for
Seniors and Guests at
9:00 Sunday Mass*