

University of Notre Dame  
Religious Bulletin  
September 29, 1954

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Yes, You Wrote This Bulletin

"Since coming to Notre Dame I have become a new man entirely; and I have daily Communion to thank for it..."

"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 so long 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 sees 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."

"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."

The Church Says...

"Frequent and daily Communion is to be promoted...in all Christian establishments, of what ever 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 Said...

"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."--St. Pius X

Here at Notre Dame it is possible for everyone to receive daily. Maybe you can't get to Mass and receive. There is still the convenience of Dillon chapel where Communion is distributed at ten-minute intervals throughout the morning. You are expected to show proper reverence for the great Sacrament even in these instances with a decent preparation and thanksgiving. There are Howard, Sorin, and Cavanaugh chapels where Communion is distributed until 9:00 a.m.

In your own battles with temptation, have you given Our Lord a chance to help you?

Tonight at 6:45 -- in Sacred Heart Church -- Senior Class Mission begins. There will be 8 confessors on duty after Benediction.