

October Devotions: Every day at 5 p.m. in the Lady Chapel, Monday through Friday.

University of Notre Dame

Religious Bulletin
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Confessions morning and evening in your hall chapel, Monday through Friday.

When You Miss ONE Holy Communion

Starting off the new semester, it is well for you to consider what you lose every morning here that you pass up Holy Communion. It's traditional here at Notre Dame to receive Communion daily -- hence the reminder that :

1. You miss a personal visit with Jesus, author of all spiritual energy and of all holiness;
2. You lose a special increase of sanctifying grace, which makes your soul more pleasing to God;
3. You lose a quota of sacramental grace, which entitles you to special help in time of temptation and in the daily discharge of your duties;
4. You lose a precious opportunity of having all your venial sins wiped away;
5. You miss the special preserving influence which each Holy Communion confers against the fires of passion;
6. You miss the opportunity of having remitted a part, or all, of the temporal punishment due to your sins;
7. You lose the spiritual joy, the sweetness, and particular comfort that comes from a fervent Holy Communion;
8. You lose part of that glory that your body might enjoy at its resurrection on the Last Day;
9. You lose the greater degree of glory you would possess in Heaven for all eternity;
10. You may lose:
 - a) complete victory over some fault or passion;
 - b) some particular grace long prayed for;
 - c) the conversion or salvation of some soul;
 - d) deliverance of a relative or friend from Purgatory;
 - 3) many graces for others, both the living and the dead.

Will a few extra minutes of sleep repay you for all these losses ? Hardly. That's why we have daily Masses in all the halls. That's why we have late facilities in Howard, and Cavanaugh chapels. That's why we distribute Communion in Dillon chapel all morning at ten-minute intervals until noon. Today, many a Notre Dame grad is leading an exemplary Catholic life because of the healthy reserve of grace which he stored up here on campus by daily reception of Communion. They'll tell you that it's an opportunity not to be lightly dismissed, much less ignored.

The daily reception of Communion is the best possible preparation you can make for a Happy Death. Our statistics show that in almost every instance the death of a Notre Dame student has been a sudden one.

PRAYERS REQUESTED - Deceased: Mrs. Frank M. Folsom; aunt of Jim Eustermann, '56; father of Dave Link of Pangborn; 2 friends of John O'Connor (O-C). Ill: sister of Arthur J. Haley, '27; cousin of Bill Braun of Alumni. 2 Special intentions.