

Religious Bulletin.

Feb. 22, 1923.

Seniors.

This is one of your days. Recapitulate. This Lent may be your last chance for intensive religious development. Are you taking away from Notre Dame every experience a Notre Dame Man should have?

The Fortune Teller.

"A friend of mine says the beads every day and never misses his morning prayers. He even says grace in the Cafeteria, but he receives Holy Communion only once in three months, and says no one is good enough to go oftener."

A case of arrested mental development. Your friend is all right and will save his soul: his devotion to the Blessed Virgin will take care of that. Only he should wear donegals to carry out the effect. If you really want him to profit by the additional graces of the Sacraments of Penance and Holy Eucharist, suggest to him that the Civil War is over and that when the Pope settles a mooted theological question, all the Catholics have to do is to obey.

The Man of Twenty.

St. Philip Neri, who lived three and a half centuries ago, and who saved the souls of more young men than any other saint of his day, makes the striking statement that "the only safeguard for a young man of twenty is the Blessed Sacrament.

The Signs of Predestination.

Tanqueray, a distinguished domestic theologian, says that a man may have moral certainty of his predestination to heaven, and gives the following signs.

1. A tender conscience.
2. Patience and voluntary mortification.
3. Humility. ( This might do for all the rest.)
4. Love of enemies and charity towards the poor.
5. Zeal for the salvation of others.
6. Devotion to the Sacred Heart and the Blessed Virgin-- especially frequent Communion and the beads,

Humility.

Humility is the source of all virtue, as pride is the source of all sin. It comes through humiliation -- things like a flunk, a campus, or a public rebuke in class. Confession is a powerful aid to humility.

Temptation and Humility.

Temptation, especially impure temptation, stimulates humility. It shows what you might be without the help of God. It flattens you. It sticks a pin in your chest. Nothing short of sin will take the pride out of some people and **teach** them to trust in God.

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