

Religious Bulletin.
December 6, 1923.

First Friday.

1. Confessions in the basement after supper and at 7:30 in the hall chapels;
2. Mass of Exposition at 6:30 in the church -- not the hall chapels;
3. Adoration of the Blessed Sacrament, all day;
4. Benediction at 7:30 p.m.

Saturday.

Feast of the Immaculate Conception. Masses 7:30 and 8:30. Attention is called to the distribution of Holy Communion in the basement chapel: 6:00-7:30. Movies of the Crusade Convention (CO-ed) in Washington Hall at 3:00 p.m.

Sunday.

Foreign Mission Sunday. Rev. Michael Mathis, C.S.C., of Washington, D.C., Director of the Bengal Missions, will preach and a Mission collection will be taken up.

Christmas Gifts.

Gold and silver rosaries, suitable for Christmas gifts, may be obtained from the Prefect of Religion.

How to Remain Pure.

St. John calls our enemies "the world, the flesh and the devil." By the help of God we can overcome them: by ourselves we can do nothing. Holy Scripture and spiritual writers give us the rules for overcoming these three enemies.

The World.

"Keep yourself unspotted from the world." In your amusements, your reading, your absorption of guiding principles of life, shun the standards of the world. Go to the Church for guidance. Never have a doubt in your mind about principles of conduct or criticism. If you don't know, ask. The priest's duty is to instruct you.

The Flesh.

Mortify the flesh and the concupiscence thereof." St. Theresa adds: "Prayer and comfort cannot go together." Ninety per cent of the frequent communicants at Notre Dame have testified through the Religious Survey that frequent Communion has lessened their temptations. Lust like hunger is an appetite that can ruin body and soul if left unbridled. Mortification, self-denial, checks passion and strengthens the will. Mortification lets reason rule.

The Devil.

The devil is most active where the world is least active. The wholesome atmosphere at Notre Dame antagonizes the devil. Beware of his wiles. The sign of the Cross, the invocation of the Holy Names, the practice of daily Communion, the wearing of a medal or a Sacred Heart badge, will put the devil to flight.