

Religious Bulletin.
December 7, 1923.

"Couldst Thou Not Watch One Hour With Me?"

Console the Sacred Heart of Our Lord for the neglect shown Him by keeping the sanctuary full of adorers today. Benediction at 7:30 p.m.

No Confessions Tonight in the Hall Chapels.

Confessions for the Feast of the Immaculate Conception will be heard at 6:15 in the basement chapel and during and after Benediction in the Church.

The Real Notre Dame Man.

The statue that tops the Dome represents Our Lady's Immaculate Conception. Receive Holy Communion tomorrow in her honor and ask her protection for your purity.

The Safeguards of Purity.

Negative.

1. Guard your senses;
2. Keep your mind clear;
3. Avoid bad company.

Positive.

1. Pray;
2. Work.

Prayer for Purity.

The best prayers for purity are not long vocal prayers. Keep the intention in all your prayers, practice daily Communion, say three Hail Marys every day, say short aspirations in time of temptation, and--
MEDITATE.

Meditation.

Mental Prayer, or Meditation, is the joint work of the imagination, the intellect, the emotions and the will. It follows the following order:

1. The imagination, aided by a book and the memory, excites a scene, say from the Life of Our Lord;
2. The intellect reasons upon it and makes personal applications;
3. The emotions furnish proper aspirations;
4. The will resolves.

For Instance.

Picture the Scourging: The Sacred Flesh torn with whips, hooks, sharp irons. Blood and bits of flesh scattered on walls and ground; nerves and bones exposed. Vile, obscene insults heaped on innocence.

Why? An innocent Victim atones in the flesh for our sins of the flesh.

Aspiration: "O God, be merciful to me a sinner."

Resolution: A particular mortification for today.

Mission Sunday.

Convention Movies tomorrow night and Mission Sermon and collection Sunday morning.