

Religious Bulletin.
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Notes on Confession.

The following points need explanation from time to time:

"I have Nothing to Tell."

Frequent communicants should go to confession at least every week or two, for the special graces of the Sacrament of Penance. If you have nothing new to confess you can obtain absolution by mentioning a sin from your past life. You can scare up something: your first ~~stoke~~ -- which you performed with a very guilty conscience; -- your petty larcenies from the cookie jar or the neighbor's orchard; your fights with your big sister, etc.

The Size of the Penance.

The confessor is obliged under pain of mortal sin to give a grave penance for grave sins, and to increase the penance according to the gravity of the sins. Seven Our Fathers and seven Hail Marys is listed by theologians as a minimum grave penance.

The penance may be lightened under the following conditions:

1. If the penitent shows extraordinary sorrow;
2. If he shows a disposition to perform voluntary works of penance;
3. If the priest assumes part of the penance himself. You can relieve the priest of burdens he has imposed upon himself by doing voluntary penance yourself; and he will be eternally grateful if you diminish his purgatory in this way.

Sins That Are Not Sins.

Penitents may confess temptations or thoughtless acts as sins. They cannot obtain absolution if no sins are confessed. For absolution a past sin may be mentioned; and in the fight against temptation nothing is more helpful than frequent absolution with the special graces which it confers.

Selfish Daily Communicants.

Selfishness and daily Communion cannot coexist for very long. Either the daily communicant loses his selfishness or he abandons daily Communion. Selfishness is the most frequent cause for departure from this holy practice.

"The Devil Got Sick."

Capt. Cook, in the narrative of his first voyage round the world, tells of a night of terror that followed after his ship struck a rock off the coast of Australia. The men worked from midnight till dawn, pumping water and lightening the ship; "and during all that time it was observed that not an oath was sworn; so much were the minds of the sailors impressed with a sense of danger."

Even a sailor can be cured.