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The Holy Cross.

Notre Dame is conducted by the Congregation of the Holy Cross. Today is the feast of the Exaltation of the True Cross: it is the Church's glorious recognition of the Symbol of our salvation -- the infamous gibbet of ancient times raised by its association with the death of the God-Man to the highest throne in the hierarchy of symbols.

Its lesson for us is that "through many hardships we come to the Kingdom of God." Suffering gained real dignity when Christ suffered; we cannot call ourselves His followers unless we suffer, unless we take up our cross daily and follow Him.

The ceiling of the apse of the church (that's the prt behind the main altar) has a representation of today's mystery, the Exaltation of the Cross. The Cross occupies the center of the picture; the two most prominent figures are St. Helena, who found the True Cross, and St. Macarius, Bishop of Jerusalem, who identified it. Grouped about are Saints of the Old and New Testaments who were identified in some way with the Cross, either by prophetic association, signal suffering, or spreading the Faith. A study of the picture will teach you something about your religion.

Daily Communion.

For the benefit of freshmen let it be said that daily Communion is quite a common practice at Notre Dame. You will read on your Eucharistic Calendar (which you can mark as the days go by) that last year there were 311,000 student Communions here last year, a daily average of 1324.

Two conditions are required for it, Jansenistic heretics to the contrary notwithstanding. These are, 1. the state of grace; 2. a right intention. The state of grace means freedom from mortal sin; a right intention is any intention that is not bad. Examples of worthy intentions are, spiritual improvement, relief for the Poor Souls, the conversion of sinners, the overcoming of bad habits and the conquering of temptations against purity, temporal favors that are not opposed to your salvation. It is perfectly proper for you to pray and offer Holy Communion, for instance, for success in your studies, for the financial means to continue your education, and so forth, provided always that you add, "if it be God's Holy Will." You would not want God to give you anything that would ruin your chances of saving your soul.

One thousand Communions can be received during four years at Notre Dame. For this you need to start without delay, and receive at times during the Christmas and Easter recesses. Your opportunities for Confession and Communion are listed on the Calendar; make note especially of the confessions in the hall chapels at night prayer, and the continous distribution of Holy Communion in the Sorin chapel from 5:30 till noon every morning. Confessions are also heard in the Sorin chapel at any time.

Our Lady's Sorrows.

Tomorrow is the solemn feast of the Seven Sorrow of the Blessed Virgin, which is the patronal feast of the Congregation of the Holy Cross. This is the day on which reparation should be made for your offenses against the Mother of God; if since your arrival here you have done anything unworthy of a Notre Dame man, tomorrow is your day of reparation. Go to confession tonight and offer Holy Communion tomorrow in honor of the Mother of God, and ask her to obtain for you from her Divine Son the grace to behave better in the future.