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Extra Copies of the Bulletin.

Students who wish back numbers of the Religious Bulletin may have them. The supply is kept in a steel letter file in the alcove to the office of the Prefect of Religion, 141 Sorin Hall. Those who wish a complete file should get their back numbers at once.

Another Van.

Publication of Van Wallace's letter has brought a request of prayers for a girl who has been seven years in a condition similar to Van's -- paralysis from a broken neck. Like Van, she has always been cheerful, accepting her lot in true Christian spirit, and counting on prayer as her only source of relief. You will not forget her in your prayers.

How To Pray For Intentions.

When requests for prayers are announced on the Bulletin, form the intention of including all of them in your prayers, Masses, and Holy Communions. In this way you are always sure of fulfilling your duty to charity. If a particular request finds a response in your heart, add what prayers you will; but make the general intention of praying for all requests announced.

How To Make A Novena.

A Novena is a nine-days prayer -- any prayer said nine successive times, whether the days are continuous, as in the present Novena to the Little Flower, or separated, as in the case of the Nine Fridays, the Nine Thursdays, etc. At Notre Dame it is customary to receive Holy Communion each day in addition to saying the prayer -- and the custom certainly has much to commend it.

How Often Confession?

"How often should a daily communicant receive the Sacrament of Penance?" This question is frequently asked by those who are practicing daily communion for the first time. The answer is that one must always go to confession before receiving Holy Communion if he is in the state of mortal sin, but is not required to go to confession otherwise. It is recommended, however, that those who receive daily and live in the state of grace should receive the Sacrament of Penance every week or two, thereby renewing in their souls the grace of that great Sacrament.

"How can I go to confession when I haven't committed any sins?" If you have never committed any sins you are not only lucky and a very saintly person, but you are also exempt from the Sacrament of Penance. Most people have committed sins in their lives, however, even if only venial sin, and those who have committed no sin since the last confession can furnish matter for absolution by mentioning a sin from the past life, that is, one committed before the last confession and already told. For this purpose the following formula may be used:

"Bless me, Father, for I have sinned. It is..... since my last confession. I received absolution and performed my penance. I am not conscious of having sinned since then, but I wish to receive absolution for any sins I may have forgotten and for all the sins of my past life, especially ..... I sincerely repent and promise to amend. I ask pardon of God, and of you, Father, penance and absolution."

Prayers.

Two deceased friends of a student. A relative of Chas. Geherin is very low. Three special intentions.