

Spiritual Bouquet for Christmas.

Start now to check off items for the spiritual bouquet you are going to give the folks for Christmas. The form looks like this:

Holy Communion	Visits
Masses Heard	Aspirations
Rosaries	Mortifications
Novena for Christmas	

The Novena for Christmas should start December 10 if you want to end it on the 18th, the day of departure of most of you. For a good showing on the item, "Masses heard," remember that there is a Mass in the Sorin chapel on week days at 7:20. The item, "Visits," means visits to the Blessed Sacrament if the Grotto is not specified. In gathering the off-campus bouquet for Coach Rockne it was discovered that quite a few thought it referred to visits to the sick coach. "When I was a kid, I thought...."

One promoter of the campus spiritual bouquet discovered recently that not a single student on one whole floor in a certain hall not far from Sorin knew what was meant by "aspirations." This suggests the need of instruction on this point. The word thus used in spiritual bouquets means short, ejaculatory, indulgenced prayers. You will find a booklet of them at the pamphlet rack. Here are some examples:

"My God and my All!" (50 days every time.)

"Blessed be God." (50 days every time, if said on hearing a blasphemy.)

"My Jesus, mercy!" (300 days every time.)

"Jesus, meek and humble of Heart, make my heart like unto Thine." (300 days every time.)

"Sweetest Jesus, be not my Judge, but my Savior." (50 days every time.)

There are hundreds of others. Memorize a number of them, and say them frequently during the day. If you want to keep count of them, use your beads for that purpose.

First Friday Adoration.

All Saints Day deprived us of an opportunity for Adoration of the Blessed Sacrament the last First Friday. Make up for it this time. The Blessed Sacrament will be exposed at the beginning of Mass, at 6:25, and will remain exposed until the close of Benediction, at 7:30 p.m.

Cards posted in the halls call for your signatures; these insure an even distribution of adorers throughout the day. If you are such a blushing violet that you couldn't think of having your name on the list, at least put a check opposite the half-hour you expect to spend.

Write Out Your Request.

When you have a request for prayers to be published on the Bulletin, you will facilitate matters if you will write it out and leave it on the desk in 141 Sorin. Good intentions will not always supply for lapses of memory.

Prayers.

Frank Pender, '27, died Monday at his home in Marinette, Wisconsin. Four special intentions. Harold O'Keefe and Coach Rockne continue to improve.