

First Friday
Adoration all day
Benediction, 7, 7:30

University of Notre Dame
Religious Bulletin
November 4, 1932

Mass for the team
Saturday, 6:25
in the church

What You Lose When You Miss One Holy Communion.

"We cannot calculate the effect of one communion less in the life of a Christian," says Lacordaire. By voluntarily omitting one Holy Communion, you incur the loss of an inestimable number of graces.

"(1) You deprive yourself of the visit of Jesus Himself, of the honor and graces that would be bestowed on your soul by His coming with all His perfections, human and divine of that intimate union with Our Lord which He desires to effect by Holy Communion.

"(2) You deprive yourself of an increase of sanctifying grace, which renders the soul more holy and pleasing to God, and of the strength of its special preservation.

"(3) You deprive yourself of a powerful remedy which would weaken your evil inclinations, put the evil spirits to flight, and strengthen you against relapse into sin. 'We receive this daily bread as a remedy for our weaknesses,' says St. Ambrose.

"(4) You deprive yourself of an excellent preparation for the hour of death; one who receives Our Lord worthily as Viaticum is, as it were, also prepared to meet Him as judge.

"(5) You likewise deprive your body of healing and sanctifying effects, as every Communion blunts the sting of the flesh, enfeebles the passion of covetousness, and produces holy images in the mind (St. Alphonsus Liguori).

"(6) You deprive yourself of the opportunity and merit of assisting the souls in purgatory in a most efficacious manner, by offering Holy Communion for them and imploring assistance for them during your Thanksgiving, the precious time of grace.

"(7) St. Bernard desired his religious to attribute to this life-giving Sacrament every victory they gained over their faults, every advance they made in virtue, and remarked that it is from the Holy Eucharist that we may joyfully draw the waters of grace from the Saviour's fountains.

"(8) In the Papal Decree on Daily Communion, we find these words: 'Whereas, in the Lord's Prayer, we are bidden to ask for our daily bread, the Holy Fathers of the Church teach that by these words must be understood not so much that material bread which is the support of the body as the Eucharistic bread which ought to be our daily food.'

"(9) You deprive yourself of the opportunity and of the merit of assisting at Mass, as Holy Communion is usually received during the Holy Sacrifice or immediately afterwards. The spiritual treasures lost by neglecting to assist at the Sacrifice of the Mass can never be expressed by human words. ✓

"(10) 'Cry aloud that the whole world may hear, that I hunger, I thirst, I die of longing to be received by men' (Words of Jesus to Benigna Consolata)."

-- The Homiletic and Pastoral Review.

PRAYERS: Metropolitan Club - Requiem Mass Monday, 6:25, in the church, for the repose of the souls of the fathers of Arthur Doerfler and Jerry Lambiente. Leopoldo Brias asks prayers for his grandfather, gravely ill; Samuel Reed for his deceased grandfather. An aunt of Prof. Schiltz died recently. Seven special intentions.

NOTE: Names may still be handed in for the Novenas of Masses for the Poor Souls.