

University of Notre Dame  
Religious Bulletin  
January 30, 1934

-----  
The Catholic Hour Needs Help.

From the National Headquarters of the NCCM comes an appeal for funds to keep the Catholic Hour going. The expense entailed in this weekly broadcast is very great; fifty-six associated stations of the NBC are involved in this, the largest religious broadcast in America.

Whether or not you are a radio fan, your mite can help in this important Catholic work. The world is hungry for Catholic truth. Governor Cross, of Connecticut, stated in a public address two weeks ago that no agency in the world has a better grasp on the social question than the Catholic Church, and no agency has a better program for the solution of social evils. Non-Catholics generally are beginning to discover the Catholic Church. We cannot allow them to be cut off from this powerful source of Catholic truth.

Leave your contribution, however small, with Father Cavanaugh, Dillon Hall.

A Noteworthy Home Mission.

Hundreds of you have found comfort, inspiration, and spiritual guidance in a little booklet distributed last fall through the courtesy of the Missionary Society of the Holy Trinity, in Alabama. The booklet, "Confidence in God", by Father Considine, S.J., was distributed gratis by this Society in recognition of past favors by students.

A share in your Lenten sacrifices is now asked by these devoted religious, who are having a hard struggle to keep going in a district where there are so few Catholics. Don't wait for Lent. If you can spare a dime, hand it in for forwarding.

"Individual" Attention.

In a large school a great many things must be done by group action. In class lectures, for instance, attention to individual problems is limited; sermons are given to large groups; mass production is the rule in the dining hall.

Has it ever occurred to you that in the confessional and in spiritual consultations you are given the best opportunity in the world for individual attention? These two agencies reach into the very heart of character-training, the chief reason for the existence of Notre Dame. If you are craving individual attention in the cafeteria and neglecting it in the confessional, you are certainly turning the educational process up-side down.

Relax Reasonably.

If you took the examinations too hard (whether because you had neglected your work or had worked too hard in advance), at least be sensible in your method of relaxation. Physical effort, not liquor, will restore your nerves. A good, stiff walk in the snow is not likely to cause your stomach any revulsion and will not carry with it the danger to peace of mind of your parents that comes when relaxation is sought in a bottle. If you have lost your balance before, find it now. Common sense is a jewel.

A New High for Dillon Hall Chapel.

Last week the average number of Holy Communions received in the Dillon Hall Chapel between 7:00 and 12:00 was 222 a day -- a record for the year. Examinations caused the increase and gave some their first experience with the late Communion facilities. No one at Notre Dame needs to miss Holy Communion simply because he oversleeps.

PRAYERS: Four special intentions. Father Brannigan's mother is ill.