

Thanksgiving Day,
Mass in main church
at 7:25; breakfast at 8.

University of Notre Dame
Religious Bulletin
November 28, 1934.

From Notre Dame Men Themselves.

The following personal experiences with Holy Communion have been submitted by Notre Dame students of years gone by. What it meant to them it can mean to you.

Clean Speech.

"Since I have begun the practice of daily communion I find myself more careful in my speech. It makes me try to keep from mortal sin; it makes me receive the Holy Eucharist with more fervor; it makes it easier to approach the confessional."

"Holy Communion keeps me closer to God, prevents me from using profane language and telling bad stories, gives me more confidence spiritually, and relieves me from fear in travelling."

Clean Thoughts.

"Before I started daily communion I was tormented daily with impure thoughts. They have decreased decidedly since I began the practice."

"Frequent Communion has done me a world of good. It lessens my temptations and strengthens me to resist them. It has made me overcome profanity, too."

"I feel that I have gotten far more out of this year than if I had not received communion every day. My thoughts are much cleaner and it is easier to work. Daily communion is one of the best things Notre Dame offers."

"Frequent communion has made it easier for me to raise my thoughts to God. This elevation of mind makes sin repugnant. I have been much impressed by the fact that at Notre Dame the best athletes and best students are all frequent communicants."

Peace of Soul.

"Through daily communion my conscience is always at peace and consequently I am almost always in good humor."

"Since I have been receiving daily communion I have been very happy and have enjoyed the best of health. Nearly all my prayers have been granted. I have received numerous benefits since living so intimately with God. To date I have received 160 consecutive communions, and I think that the first day I miss I will be unhappy all day."

"I don't know why, but on the days I receive Holy Communion I feel much better and seem more pleased with the world. It makes my conscience clearer and I guess this is the reason for my feeling better and doing better work."

"Daily Communion gives you a feeling that you are prepared to meet your Creator at any moment."

Will Power.

"Daily communion gives one the power to say 'no' when tempted."

Remember, the Novena for Purity begins Saturday, December 1, and ends Sunday, December 9, day after the feast of the Immaculate Conception.

PRAYERS: Deceased, mother of Matthew I. Barron '31; aunt of a student. Ill, mother of Oscar L. '20 and William R. '29 Sidonfaden; uncle of Bud Cullen (Dillon); sister of Joe Moore (St. Ed's). Five special intentions.