
When You Miss ONE Holy Communion.

It is well for you, just back from vacation, to consider what you lose every morning that you pass up Holy Communion:

1. You miss a personal visit with Jesus, author of all spiritual energy and of all holiness;
2. You lose a special increase of sanctifying grace, which makes your soul more pleasing to God;
3. You lose a quota of sacramental grace, which entitles you to special help in times of temptation and in the discharge of your daily duties;
4. You lose a precious opportunity of having all your venial sins wiped away;
5. You miss the special preserving influence which each Holy Communion confers against the fires of passion;
6. You miss the opportunity of having remitted a part, or all, of the temporal punishment due to your sins;
7. You lose the spiritual joy, the sweetness, and particular comfort that come from a fervent Holy Communion;
8. You lose part of the glory that your body might enjoy at its resurrection on the Last Day;
9. You lose the greater degree of glory you would possess in Heaven for all eternity;
10. You may lose:
 - a. complete victory over some fault or passion;
 - b. some particular grace long prayed for;
 - c. the conversion or salvation of some soul;
 - d. deliverance of a relative or friend from Purgatory;
 - e. many graces for others, both the living and the dead.

Will a few extra minutes of sleep repay you for all these losses?

Want To Be A Cook?

If you're loafing and plan to leave the University after the semester exams, here's news for you: in Oakland, California, they're opening a school for cooks. Instead of studying "dry" philosophy or chemistry or accounting, you can learn how to bake delicious turkeys, how to broil juicy tenderloins. You can help keep gourmets on the alkaline side.

Out in Oakland there probably won't be any semester exams to worry you and to disappoint your parents.

Someone has said that college failures are due to either dumbness or laziness. Cooks can get by without much book-learnin'; and kitchen odors can stimulate. But if you plan to stick around here after February 2, you'd better get down to work.

PRAYERS: (deceased) father of Doc Gelson, '26; mother of Roger Kiloy, '23; father of Louis Somers (Carroll); friend of Pat Fisher (Sorin); two friends of Charlie Sweeney; Mother Mary Cecilia, Springfield, Ill. Ill, father of Cyp, '28, & Harold, '34, Spurl.