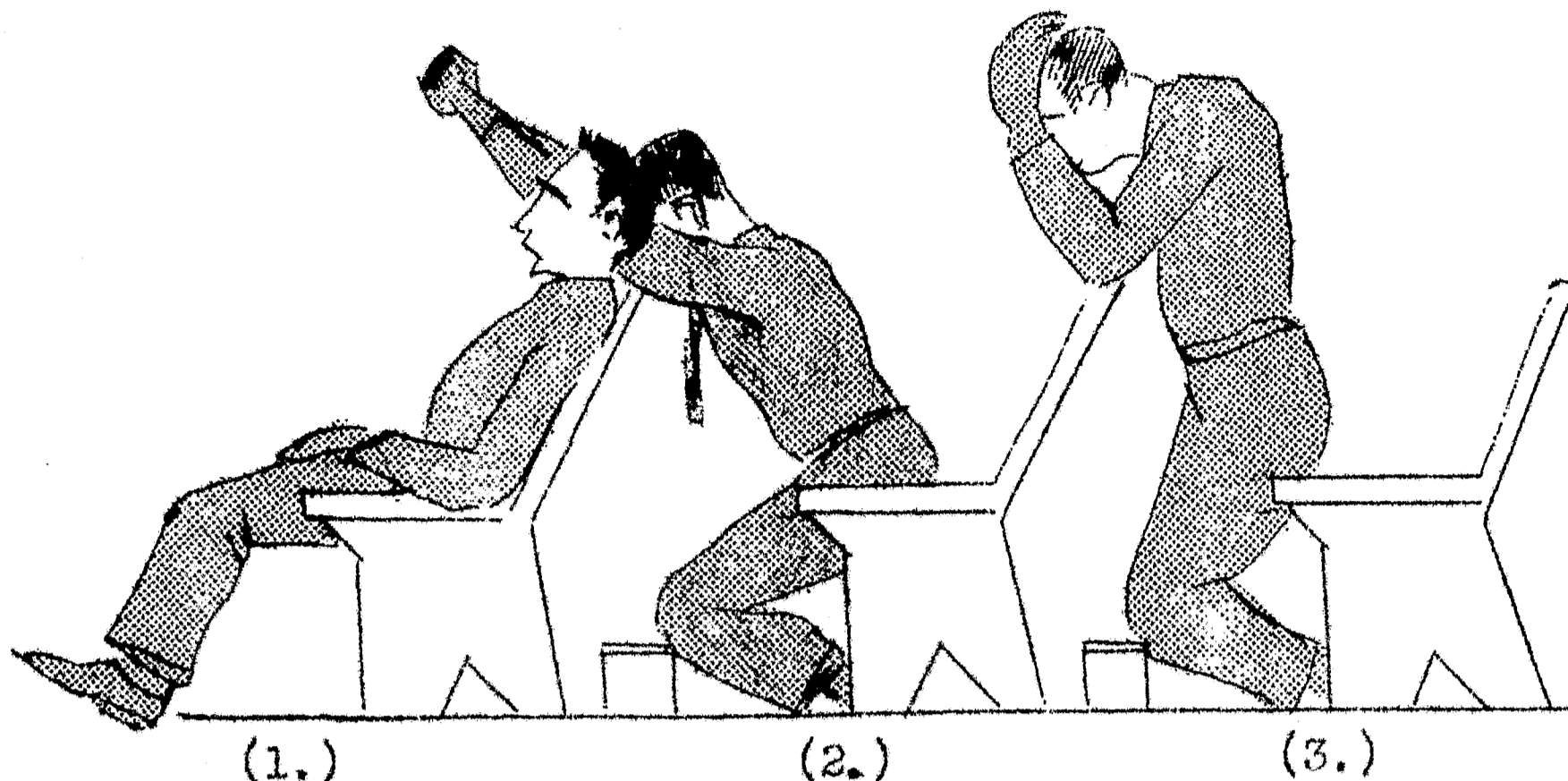


NOVENA FOR FINAL EXAMS, in honor of Holy Eucharist, starts tomorrow morning.

University of Notre Dame
Religious Bulletin
May 21, 1937.

Next Sunday is Trinity Sunday, last day for making EASTER DUTY.

At Prayer, Avoid These Postures.



(1.) The Deck-Chair Slouch. It was developed by convalescents and by old men at rest cures. They need to stretch their legs comfortably, lie back and relax. But for you--it helps weaken your spine.

(2.) The Three-Point Landing. An altogether good camouflage for kneeling, the position was invented by city firemen and ambulance drivers who sometimes must take off in a hurry. Arms stretched well forward amuses the fellow ahead no end. For you--no three-point landings.

(3.) The Gorilla Droop--temptation to tall men with heavy arms and shoulders. In case sleep is successfully induced, the droop turns quickly into the wilt. Distributes the weight between elbows and knees but is no dispeller of last night's music.

Prayer is a conversation wherein we appear in spiritual audience with the Heavenly Father, asking Him to hearken to our words and to grant our requests. You can't expect prayer to be powerfully efficacious if your words are not worth your own attention and if by your posture you seem bored stiff to be talking to Almighty God. At prayer assume a bodily attitude of respectful attention. That helps immensely to keep your mind on what you're saying. Try it, and see if your prayers won't mean much more to you--and to God.

This Theology Holds Throughout The Summer.

On Sundays and holydays Catholics have an obligation of hearing Mass--from the beginning, at the foot of the altar, to the very end. If, deliberately, you miss a small part of the Mass, either at the beginning or at the end, you commit a venial sin, and in that degree you detract from the act of worship that you should offer unblemished to God.

If, through your own fault, you miss a notable part of the Mass you are guilty of a deliberate mortal sin. This, as you have often been told, is one of the worst mortal sins you can commit. To miss one of these notable parts of the Mass is grievous: (a) from the beginning up to and including the Offertory Prayer which is said by the priest just before he unveils the chalice; (b) or, all up to the Gospel inclusive, together with that part from the Communion of the Mass to the end.

If you come late for Mass, let us say just before the Preface, you may return to another Mass and fulfill your obligation by remaining until the Preface of the second Mass. But, alas, you are not permitted to come to one Mass after the Consecration, stay to the end and then remain at a second Mass up to the point at which you arrived during the first Mass. You must be present at the Consecration and the Communion in one and the same Mass.

PRAYERS: (deceased) Rev. Patrick J. Healy. Seriously ill, Mrs. Joseph D. Oliver, Sr.