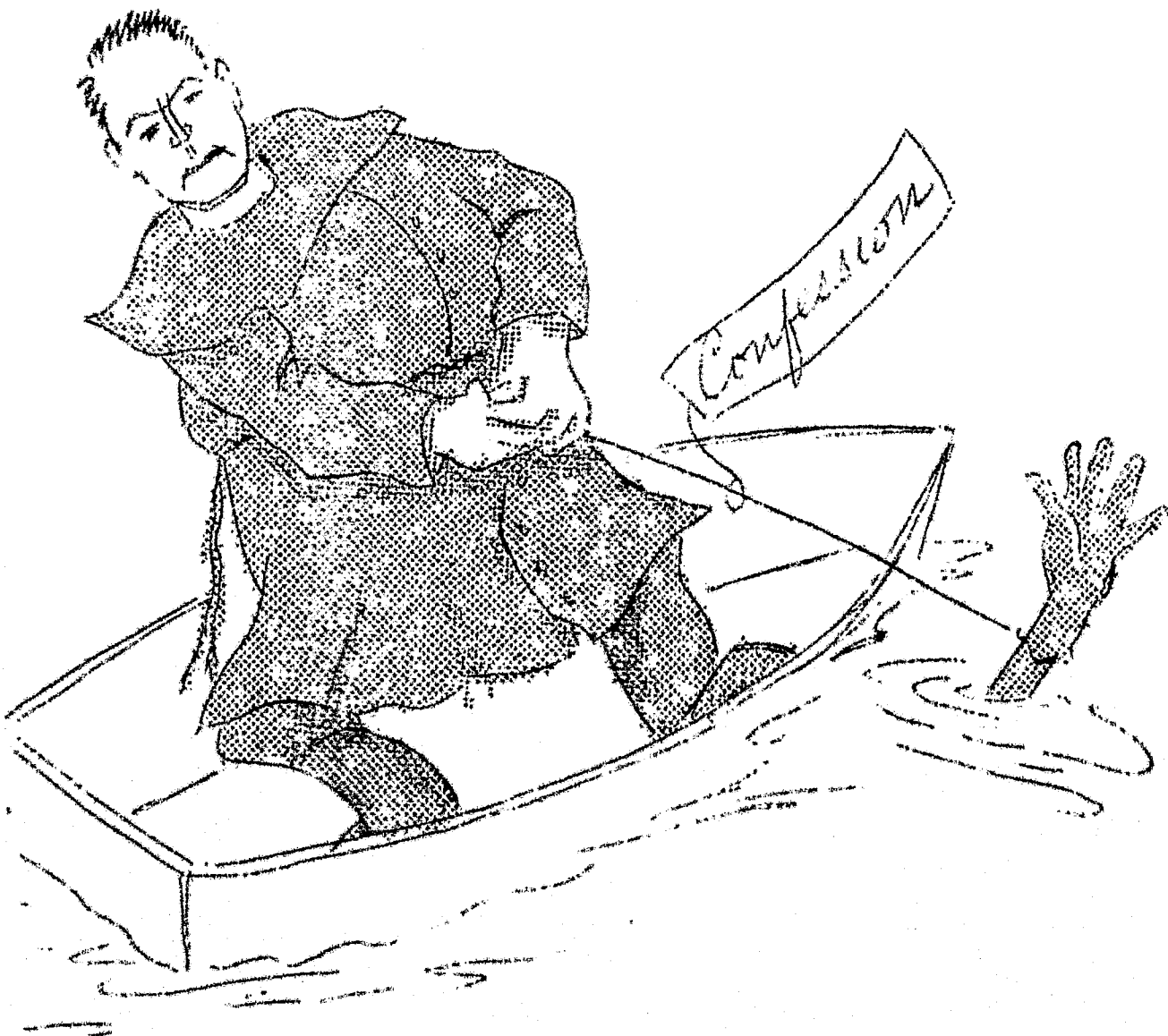


Medals and Chains have arrived. Get them at Prefect of Religion's...

University of Notre Dame  
Religious Bulletin  
September 29, 1937

...Offices in Dillon, Cavanaugh and Howard Halls.

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The Man Who Jumped.



On the SS Grace our drowning man once sailed the high seas. Safely, in luxury he sailed

Then one evening, under the spell of a full moon, of all things he jumped--into the black, salty waters which from the deck looked silvery calm and kind.

Now those same waters smart his skin, sicken his stomach, threaten to engulf him.

Dumb he was to jump; reluctantly, shamefully he calls for help. Even ahead of his call help comes.

From the side of the big ship a life-boat pushes away, and to the floundering one carries the life-line. There is a rescue. There is a warm cabin again, abundant food and drink, and general celebration on the SS Grace that alone furnishes safety and happiness on the treacherous high seas of life.

Out Of The Depths!

No figures of speech now. If you're in mortal sin you don't like it and you know it. Here's all that's essential:

PREPARE. Look into your soul. Find what you've done that doesn't square with God's law. And, before you enter the confessional, make a good act of contrition, one that you'll be proud of: "heartily sorry," "I resolve to amend"; one that will last. Then a little prayer that you will work hand-in-hand with Christ and Our Lady. Be fearless in cutting away from the occasions that have tricked you into sin. No more kidding yourself; no more dangerous compromises. The Sacraments work if we work with them--honestly.

CONFESS. Simply, completely; humbly and hopefully. And, by the way, always add: "For these sins and all the sins of my past life, especially this one (And you name it in a general way, for example, "against holy purity.") Leave the rest to the priest. Answer his questions briefly, directly. Take his advice and carry it out the best you can.

BE CONTRITE. Make a fervent act of contrition again in the confessional with your mind and heart: "Heartily sorry," "I resolve to amend." Make your act aloud so that the priest will hear you before he pronounces absolution.

Afterwards in the joy of a clean conscience say the penance prescribed. Thank God and Our Lady.

If you're floating around in sin, wasting time in the dizzying eddies of self-reproach, feigned indifference, disgust, grab the life-line. People outside the Church say:

"Confession's so hard!" They're right. It's so hard to be without, isn't it?

PRAYERS: (deceased) Father Dwyer, (Binghamton, N.Y.); stepmother of Mr. Dennis Sughrue C.S.C.; John Linehan. Low special intentions.