

University of Notre Dame
Religious Bulletin
January 14, 1937

Did You Know?

That ejaculations are an admirable form of prayer, particularly in time of temptation, and also are rich in indulgences for each repetition: for example, "Jesus, Mary, and Joseph", (300 days); "My Jesus, mercy", (100 days); "Blessed be God", (50 days) if said devoutly on hearing a blasphemy; "Mother of Mercy, pray for us", (300 days).

That donations to Christmas charities announced in the Bulletin were as follows: to Father Flannigan's Boys, \$14.50; to the German Catholic Exiles, \$20.50; and to the Bengal Missions, \$8.00.

That Freshman Hall has a Gregorian Choir, a continuation of the practice instituted last year. The Choir sings Requiem Masses for deceased parents of the students, and also sang a Mass for Leonard Cassassa, a member of last year's Choir.

That the young lady, Miss Seegar, to whom a blood transfusion was given last December, went home a few days before Christmas, entirely cured and grateful to all of you who volunteered as donors.

That the small purple prayer book has excellent prayers for preparation and thanksgiving after Communion. Its use is suggested unless you can pray better on your own. If there isn't a sufficient supply in your hall, advise one of the offices of the Prefect of Religion.

That on page 18 of this same purple prayerbook there is a prayer which if said devoutly after Communion earns a plenary indulgence, applicable to yourself or the Poor Souls.

That the booklet, "Frequent Communion for College Men", obtainable at the pamphlet racks, is becoming popular again. This booklet contains statements of students themselves regarding the results of their frequent Communion in overcoming temptations, bad habits, uncharitableness and prejudices against frequent Communion.

That the January issue of The Sign, a leading Catholic monthly, congratulates you on your recent campaign against indecent literature.

"There was no delay on the part of the South Bend Deanery Council of Catholic Women. Students of Notre Dame University have enlisted in an active campaign to stamp out the circulation of lewd and sexy magazines....In Washington D. C. the students of Georgetown University are pushing the campaign."

New Year's Resolutions.

Are you keeping that resolution to stay in the state of grace? Even if you have slipped, don't be surprised, discouraged, or sore at yourself. Christ knows your human frailty, and in His love instituted the Sacrament of Penance, and expects only your good will and courageous effort to rise again after falling.

Remember that the Sacrament of Penance is not just a spiritual laundry, washing away past sins, but has positive effects, especially in giving the right to actual graces to aid you against future temptations.

Communion on Sundays.

Holy Communion is distributed every Sunday before breakfast from 7:30 to 8:00 a.m. for those unable to attend the earlier Masses.

PRAYERS: (deceased) father of Dennis Murnane '32; friend of John Lacey; John McCabe, friend of Bob Thomas (Fresh). Ill, (seriously) grandmother of Dr. Jos. Caton (Infirm).