

Forty Hours opens at
the 8:30 Mass Sunday.
Other Masses; 6,7,10.

University of Notre Dame
Religious Bulletin
February 26, 1938.

Father Collentine will
preach at benediction
Sunday, Monday, Tuesday.

The Sign Of The Little White Host.

Every sacrament has its own sign. In Baptism it is water, the symbol of cleansing. In the Eucharist it is the little White Host.

Why did Our Lord institute the Sacrament of His Body under the sign of Bread? It was to point out that His Flesh is the food of our souls. "My Flesh is meat indeed."

Why did He say: "Take ye and eat"? It was to nourish us as the cells of His Mystical Body. "As I live by the Father, so he that eateth Me, the same also shall live by Me."

He made Himself the Bread of Life to make us understand that in Holy Communion He comes to feed our starving and needy souls, to give them life and that more abundantly.

As food unites with the one who eats it, becomes flesh of his flesh and bone of his bone, so the food of Holy Communion unites with us. "He that eateth My Flesh abideth in Me and I in him."

But the Last Supper differs from every other banquet. We hear Christ say, as Saint Augustine wrote: "Thou shalt not change Me into thee as thou dost food into thy flesh, but thou shalt be changed into Me."

Changed into Christ-- as far as we can be: that is the marvelous effect of Holy Communion.

In Holy Communion we lose our life only to find it again, a new and exceedingly beautiful life, not our own but the Life of Christ.

In Holy Communion we are stripped of the rags of Adam and are clothed in the innocent fleece of the Lamb of God.

In Holy Communion we put on Christ and cry out with Saint Paul: "I live now not I, but Christ lives within me."

In Holy Communion Christ perfects his power in our infirmity. He fans the flickering ashes of our dying fervor into a conflagration of zeal.

He tempers the licking flames of our lust into the steady, radiant glow of chastity. He melts the chill, cutting air of our smug self-love into the cool and refreshing atmosphere of an all-embracing and generous charity.

If Holy Communion is not changing you, the fault is yours. The sign of the little White Host does not work by magic. You have your part to do.

Make your preparation a little more carefully. Enliven your acts of Faith, Hope and Charity. Lengthen your thanksgiving a little. Make the precious minutes of Holy Communion count.

And now is the chance of a lifetime. The Forty Hours Devotion opens tomorrow, runs through Monday and Tuesday. Then, without interruption, on Wednesday Lenten Adoration begins, and continues all the way to Palm Sunday.

Fervently go to Our Lord, hid beneath the sign of the little White Host. "Come to Me all you that labor and are burdened and I will refresh you."

PRAYERS: (deceased) uncle of Eugene Toolen (Dil); friend of John Curry (Cav); Mr. McKurray (Boston). Ill, mother of Frank Finnegan '30; friend of Paul Breting (Cav); father of Sister Mary Teresa R.S.M.; aunt of Bob Campbell (How). 12 spec. intentions.