

May Devotions and Benediction this evening at 7:00 and 7:30.

University of Notre Dame  
Religious Bulletin  
May 11, 1938

Your questionnaire? Are you a hold-out?

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An Abiding Sorrow For Sin.

If you desire to make progress against your temptations and grow in real, manly holiness, you must develop an abiding sorrow for sin.

An abiding sorrow for sin belongs to penance. It is part of your program to make up for the past, and to avoid falling again in the future.

This compunction of heart is lifelong, quiet and supernatural. It is also a fountain of love.

Abiding sorrow for sin is lifelong, because it is, as Father Faber writes (and from him is adapted this Bulletin), a prominent part of our first turning to God, and there is no height of holiness in which it will leave us.

It is quiet. It settles a troubled soul, never perturbs a contented one. It hushes the noises of the world and rebukes the loquacity of the human spirit.

It is supernatural because it has no natural motive to feed on: it is all from God and all for God.

Above all, it is a fountain of love. We love much because much has been forgiven, and we always remember how much it was. We love because forgiveness has abated our fear. We love because we wonder at the compassion that could so visit our unworthiness.

An abiding sorrow for sin is not sadness. Sadness is sorrow with self in it, and self where God ought to be. It is too busy with God to do more than fix its eye on self with a touching, patient, reproachful look.

Abiding sorrow consists in the remembrance that we are sinners, but it does not reflect on the sins themselves. They are forgiven.

It consists in a growing hatred of sin, a dread of repeating the falls of the past. It is an increase within us of the spirit of Gethsemane.

It is the Sacred Heart of Our Lord touching our hearts and leaving faint stigmata of His own lifelong sorrow upon them. It always increases our personal love for Him.

This deep sense of sorrow saves us from making light of venial sins, and is always stopping, even when we know it, little untruths, teasing jealousies, wounded conceits, and the sins of the tongue.

It helps us avoid two mistakes. First, we do not put lightly away movements of remorse or inward upbraiding but take ourselves to the priest for advice. Besides, it anchors our life with a proper gravity, not over-serious. It sees something undergraduate about continuous levity.

An abiding sorrow for sin leads souls to perfection. It is the quintessence of devotion to the Sacred Heart and there we must seek it.

A General Confession,

wisely made, gives good assurance that your sorrow is truly abiding. No scrupulous penitent, however, should feel this is necessary. Seniors, about to begin a new life, should consult their confessor. Confessions nightly in Dillon, Howard and Cavanaugh Halls till ten o'clock. Use the buzzer.

(int.)

PRAYERS: (deceased) cousin of John Cella (Dil.). Ill, Tom Callahan (Al.) One spec.