

If you go to Chicago,
best way to help N.D.
is to live out your....

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Holy Communion all day.
Act soberly as befits
a Christian gentleman.

Pax Christi.

The peace of Christ rests on those who love Christ. Best way to love Him is to break Bread with Him.

Why not study the Eucharist carefully? You must thoroughly know what you wish to appreciate. First read the sixth chapter of St. John: "I am the Bread of Life." Then review the passages about the Last Supper. Especially note Christ's words: "Do this in commemoration of Me." You will want to assist at Mass.

As St. John says, "The spirit quickeneth, the flesh profiteth nothing." So no number of mechanical Communion will strengthen your soul. Neither will what misunderstanding students have sometimes called "forced" Communion. (Please note: at Notre Dame, which is not a state school, morning prayer is required. Never Holy Communion, save at Easter time).

To make your Communion worthily, you need two things: the state of grace and a right intention. Routine would not be a good intention nor going because the "gang" does, nor because you're in chapel. Go after reflection.... Christ is really, truly, substantially here. Go from conviction..... His Flesh and Blood are my meat and drink, my chief remedy against sin.

Prepare reverently. Be wide awake. Don't rush in and out of the chapel, sandwiching Christ in between. Give Him plenty of time. At least five minutes before you approach the rail; at least seven after returning, for He remains corporally till the species dissolve. Then thank Him-- for life, redemption, the sacraments, your good fortune in being at Notre Dame-- though you may "kick" at being here. Where could you find more opportunities to develop body and soul?

About "football" Communion, have the right idea. Saturdays are big days in the fall, days when you want to show spirit as Notre Dame men. That means you want to express your Catholic life fully. Therefore, Mass and Holy Communion. But the games are only occasions of evoking this spirit. And happy occasions. Almost two thousand receiving Our Lord!

Remember, you do not go to Communion to "make" God "make" Notre Dame win. Pure folly. But same way you ask God to bless your Dad with money enough for your second semester's bill, you ask for sportsmanship protection from injuries, yes even victory. Anyone with spirit asks these things.

Tomorrow Pray "Mike" Won't Get Clawed.

