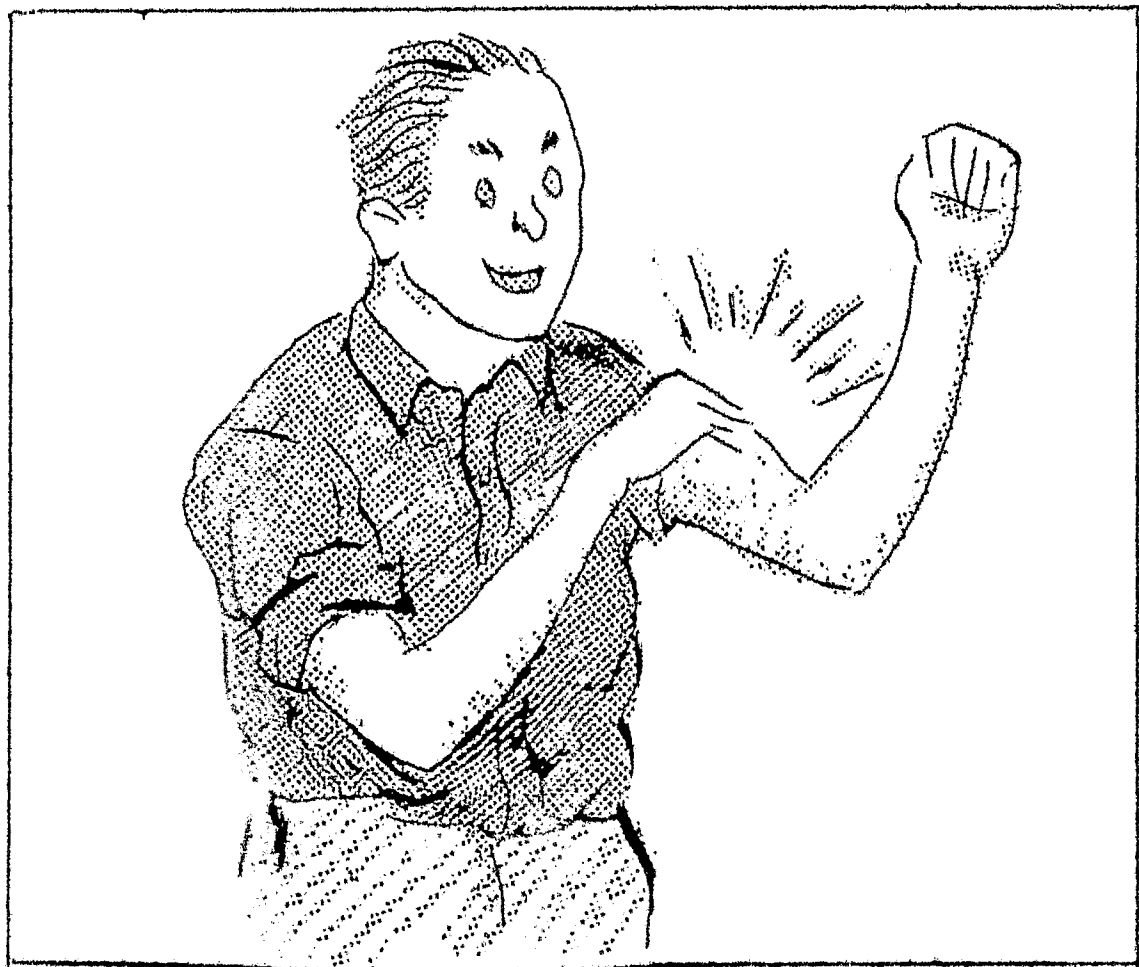


LENT IS THE TIME  
OF SELF-DENIAL AND  
SPIRITUAL PROGRESS.

University of Notre Dame  
Religious Bulletin  
February 7, 1940  
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YOU WANT TO KNOW AND  
LOVE GOD FOREVER. START  
NOW: DAILY MASS & COMM.

Will-Power:  
Why You Need It  
And How To Build It.



You can't get anywhere without strength of character, without the kind of determination you don't just dream about but which you carry through.

If the need of will-power in a MAN'S life need be demonstrated, consider yourself. Either you have this power or not. If your life is sloppy or aimless; if you're full of plans but can't point to accomplishments; if, in general, you're good but lazy, never advancing, you haven't will-power.

If you're getting ahead, uprooting bad habits and improving good ones; if you've learned how to say NO quickly, firmly and once and for all to the enemies of your

soul, then you have got will-power. The one thing to remember is, you've got to keep forever in training if you want to keep it.

"I Haven't Got It;  
I Keep Slipping Into The Same Sins."

No lament is more discouraging to a young fellow than this. Yet a few discreet questions on the part of the priest and a few frank direct answers on the part of the youth are enough to dispel discouragement and give a permanent cheery turn to new life.

"Do you know anybody who has weak muscles?" the priest begins. The lad will always say yes. "Well, what would you tell him to do? How would you toughen him up?" And the answer always, inevitably, is: exercise. "And that's the way, and the only way, you can develop your will."

"Take the physical weakling. He starts lifting weights in the Rockne Memorial. He skates, he spars, he gets around the handball court-- even if he has to make a monkey out of himself doing these things. It's not long before he feels better and hard."

"With your will it's the identical story. Do the tough things, the things you don't like to do. Get up in the morning right away, the same split-second you first hear the bell. If you do-- not just tomorrow morning but every morning, you'll be boasting a mighty strong will in three weeks. . . . You smoke a great deal? Then start cutting down: deliberately, yes even cruelly. Deny yourself that first one you're accustomed to take before breakfast. . . . It hurts but it counts; counts for will-power. Give up a piece of pie after you've let your mouth water, or a stein of beer just when you're hankering for it. You'll not be a moral cripple much longer."

"Why all the stress on self-denial?" the lad will demand of the priest. "I'll tell you tomorrow" comes the reply. "Drop in and see me sometime. I mean business. And if you mean it too, I can guarantee your efforts at strengthening your will PLUS daily Mass and Holy Communion will make you a new man.... Waiting for you morning and night."

PRAYERS: (DECEASED) Glenn Hitch, cousin of Prof. Edward Quinn; two cousins and a friend of Paul Anderson (OC); Mr. Moran, friend of Fr. Shea; friend of Jack Mulloy (Bro); friend of Bill Belchoz. (Walsh); (ILL) wife of Ed Butler '34; aunt of Ed Fuddy; James McLinden. LOST: Dominican brown beads on cord; Irish horn rosary, red beads. FOUND: a fountain pen.