

University of Notre Dame
Religious Bulletin
November 9, 1940

Sunday.

Sunday, with its greater leisure, can be a time for blues and moods unless you plan it intelligently.

1. Be on time for Mass. In fact, come early and read the interpretation of the Mass for that day in the Missal.
2. Use the Missal. One student admits he was a "Rosary man", but finally has broken down and enjoys the Missal. Another has made the discovery that the 8:30 High Mass is no longer than the other Masses -- one hour. Benediction on third Sundays takes a few minutes extra, but there is no Benediction in the evening.
3. Really participate in the Sacrifice by receiving Communion. (Communion is distributed in Dillon Chapel 7:30 to 8:00 for those who rise late and wish to get to 8:00 breakfast and attend Mass later.)
4. Take and read a copy of "Youth". You'll find that far more inspiring and stimulating than much of the poison in the Sunday gazettes. Each week it carries an article by Father Gartland, C.S.C., former Prefect of Religion.
5. Avoid idleness and day-dreaming. Give a reasonable amount of time to study. Then get out for some vigorous exercise; at least attend your interhall football game and get some free air.

Monday, The Holy Ghost.

Monday is the weekday dedicated by the Church for special devotion to the Holy Ghost. To many He is "The Unknown God". One will never know Him better unless he practices some devotion toward Him. Honor Him with adoration, reparation and thanksgiving in your Communions on Mondays.

Many of you sleep in on Mondays. That is no excuse for missing Communion with late distribution (and confession) as follows:

Howard and Cavanaugh Chapels until 9:15.
Dillon Chapel until noon.

Show perseverance and consistency Monday. Continue your Novena for the Poor Souls. Ask the Holy Ghost fervently in your thanksgiving for one of his

1. Gifts: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, or Fear of the Lord.
2. Fruits: Charity, Joy, Peace, Patience, Benignity, Goodness, Longanimity, Faith, Modesty, Continence or Chastity.

N. D. Committee for Decent Literature.

Last week's holidays caused a delay in preparing the N.D. pamphlet of past Bulletins. Many orders have come in already. The students would appreciate even a postal card from prospective purchasers so that the Committee may decide whether to order 10 or 20 thousand for the first printing. A few more students can be used in the distribution of general pamphlets to alumni and friends of the University, and in the redistribution of Catholic literature in South Bend.