

Communion distributed: at 5 P.M.
Mass in Navy and Marine halls, and

UNIVERSITY OF NOTRE DAME
Religious Bulletin
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in Dillon after Mass until 6:15 P.M. Also in Sorin until 8:30 A.M.

Students Speak About Holy Communion.

Please state frankly your own experience with frequent Communion.

- ...Daily Communion has transformed me from a spineless jelly-fish into a man.
- ...It has invested me with a holy strength for use in persistent combat with evil and temptation. Glancing backward I see a record of advance against a vice that exactly follows my increase in devotion toward the Blessed Sacrament.
- ...Daily Communion had entirely broken my habit of profanity.
- ...Frequent Communion had made me realize that genuine happiness exists on this earth only when a man's heart is fed with the Body and Blood of Our Blessed Lord. Arguments against this idea are only means of selfdeception.
- ...It has given me the power to banish impure thoughts, for which I had a seemingly unconquerable desire before I began daily Communion.

Taken from M.D. Religious Survey, 1925-26)

What is the practical influence of frequent Communion in your daily life?

- ...Holy Communion has finally enabled me to stop a terrible sin.
- ...To become worthy of a girl I know and would like to marry -- to become as pure as she is -- to imitate her.
- ...It tends to raise my spirit when I am despondent.
- ...I think it had instilled whatever goodness and manliness I may possess.
- ...It reduces temptations to impurity to a minimum and helps me to concentrate.
- ...It helps me against discouragement.

Taken from M.D. Religious Survey, 1935-36)

Objections to Daily Communion.

(Answered by Bishop O'Hara, C.S.C. when he was Prefect of Religion. See the pamphlet: Objections to Daily Communion in the pamphlet racks.)

"I'm not used to it."

ANSWER. When you come to die you will have to get used to something you know very little about, and that something will be either heaven or hell. There are lots of things that are good for you that you will get used to sooner or later. Why prolong your ignorance of the spiritual life?

"I always lose out on week-ends."