

(FOR THE CATHOLIC STUDENT AT NOTRE DAME)

Fri. is feast of 7 Sorrows	University of Notre Dame	need consolation of your
of B.V.M..Your mother and	Religious Bulletin	prayers. Begin Triduum of
all N.D. gold star mothers	September 12, 1944	Mass and Communion by Wed.

When You Miss One Holy Communion.

Consider well who you are turning aside (CHRIST) and what you are passing by every morning you do not receive Holy Communion. Christ wants you to receive Him; He wants to do something for you; something you may never, or very slowly attain by yourself.

1. You lose a charge of supernatural energy which increases your fighting power against temptation, and adds greater ease in the discharge of your special duties, as student, officer, professional man, father, whatever it is.
2. You lose a chance to have your mind better guided along the line of your duty. For through every Holy Communion Christ gives lights and inspirations which aid the communicant in seeing not only his duty, but greater means of doing good.
3. You lose the opportunity of keeping spiritually "hot", or fervent in the practice of virtue. Hourly contact with the world, the flesh and the devil, saps one's energy. Christ in Holy Communion revitalizes the soul.
4. You lose the special preserving influence which Christ confers against the fires of passion. Contact with the Sacred Body of Christ makes men pure. The more frequent the contact with Christ, the more pure one becomes.
5. You lose the extra thrill your body might enjoy in heaven after its resurrection on the Last Day, a thrill that will last forever.
6. You lose a special increase of sanctifying grace which gives you the right to a greater degree of happiness in heaven; this, too, lasts for eternity.
7. You miss a personal visit with Jesus, and with it the spiritual joy, the sweetness, and particular comfort that comes from a fervent Communion.
8. You miss the chance to offer up Jesus, as your gift, in petition for a return gift from your Father in Heaven.
9. You miss the opportunity of have remitted a part, or all, of the temporal punishment due to your sins.
10. You may lose:
 - a. complete victory over some fault or passion;
 - b. some particular grace long prayed for;
 - c. the conversion or salvation of some soul;
 - d. deliverance of a relative or friend from Purgatory;
 - e. many graces for others, both living and the dead.

A Senior Sums It Up.

"I always feel like a fool after remaining away for more than a day or two. It doesn't give me an exalted feeling as it did at first, but the feeling of peace is worth twice the sacrifice.-- I never realized it until these last few weeks, but it is becoming easier to resist temptation. I can't attribute this to anything but Holy Communion. I can see now that what It did for me in four years would have been accomplished in less than half that time with more sacrifice on my part."

PRAYERS: for sons of Mike Ryan, track coach at the U. of Idaho; five sons in the service, Paul killed in Saipan, Bernard wounded there, and Robert wounded in France. (ILL) Joseph Donahue of South Bend. Two Special Intentions. One Thanksgiving.