

FOR THE CATHOLIC STUDENT AT NOTRE DAME

Students not confirmed,
leave name and address
with one of Chaplains.

University of Notre Dame
Religious Bulletin
September 20, 1944

If you are not in the
state of grace you are
an enemy of God.

Your Church Etiquette.

Do you know when to genuflect on both knees? It is a Catholic practice to genuflect on entering and leaving a church or chapel. This act is an external manifestation of interior homage and respect for Christ really present in the tabernacle.

The most common genuflection is performed by bending one knee, the right one, so that it touches the floor. On special occasions the genuflection is made on two knees, because the circumstances call for a more profound token of reverence. It is fitting that greater reverence be shown to Our Blessed Lord when the Blessed Sacrament is exposed, that is, when the Host is removed from the tabernacle and placed on the altar or is being carried by the priest.

In the following instances the genuflection is made on both knees, granting of course that one is physically capable of the act: 1) on entering and leaving the church or chapel when the Blessed Sacrament is exposed in the monstrance (as on Sunday evenings during Adoration on the campus, if you arrive after services have started, and during October Adoration); 2) on arriving or leaving the church or chapel when Holy Communion is being distributed (presuming this is not during a Sunday Mass when late arrival and early departure is sinful when done without good reason); 3) when the tabernacle door is open.

Remember this about your genuflections: bend your knees in the direction of the Blessed Sacrament, not towards the pew. And if you are not muscle bound or tied in knots by rheumatism, don't grab the pew when showing your reverence to Christ. Some people say, "My Lord and my God", when they bend their knees.

Why Take Holy Water.

Little fonts filled with water that is blessed are found at all entrances to the church and at the door of all hall chapels. The water is there for a purpose. It's to be taken and applied to yourself in the form of a cross to recall your baptism by water, that baptism which made you a somebody, a follower of Christ, a person destined for heaven. When you touch your brow with Holy Water, ask yourself if you are living up to your vocation as a Catholic.

Water is a cleansing solution. The Catholic takes water at the door of the church asking God to wash away all worldly, unnecessary and distracting thoughts during this period of worship. The Holy Water is a gentle reminder for you to wake up to the fact that you are about to enter the House of God, and to act accordingly.

Holy Water is blessed by the priest. This means that the priest has prayed that those who use the Water will be blessed by God. In using the Water with devotion, you will receive helpful inspirations and relief from temptations prompted by the devil.

This Is What Our Lady Said To Lucia at Fatima.

"My child, behold my heart surrounded with the thorns which ungrateful men place therein at every moment by their blasphemies and ingratitude. Do you, at least, try to console me, and tell them that I promise to help at the hour of death, with the graces needed for salvation, whoever on the first Saturday of five successive months shall receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary, with the intention of making reparation to me."