

First Friday Confessions  
tonight at Nt. Prayer;..  
in Basement Chapel at 6:30  
in Dillon and Cav. after 7:30

University of Notre Dame  
Religious Bulletin  
October 3, 1946

Late weekday Mass:  
Dillon and Cav. 7:20  
Communion until noon in  
Dillon; till 9:20 in Cav.

### Objections To Frequent Communion

"I've never done it before."

Before you get old, grey and rhumatic, you are going to do a lot of things you had never done in your past life. You may not like a diet, but you will voluntarily go on one when your stomach shows disorders. When you get married you will do a thousand and one things you never thought of before, and you will love to do them, because you will see their necessity or because you will realize that these actions will make your married life more joyous. It's the thinking man who becomes a frequent communicant. He sees that Christ wants it, and that his soul need the supernatural enlightenment and strength that comes through each Communion.

"I would like to become a frequent communicant, but I have a lot of bad thoughts."

Maybe you are a man strongly tempted along the lines of impurity. But temptation is not sin. You are not unworthy of Communion because you are tempted violently and frequently. Just because you are in the vicinity of a dirt pile is no reason for saying you are dirty. A man of your inclinations should be most grateful that God offers you this easy means of keeping your mind and heart under control.

"I don't like running to confession every time I receive Communion."

Maybe your theology need overhauling. Maybe you don't need to confess before every Communion. The only time you are abliged to receive the Sacrament of Penance before communicating is when you have committed a mortal sin. Only two dispositions are required for frequent and daily reception of Holy Communion, namely; freedom from mortal sin, and a good intention. You have the right intention if you are going to Communion for the sake of improving yourself and deepening your love of God.

"I don't want to be a hypocrite. I know I am going to fall again into serious sin."

If you mean you are staying away form Communion because you are planning some sin, your theology is good, but your good sense has reached a new low. Maybe a walk through the graveyard just beyond the golf course will bring you to your senses -- you need something violent to awaken you from the danger you are in. But if you are staying away from Communion because of a sense of your weakness and fear you may repeat an old sin, then you should be the first one to take up frequent Communion for the sake of the help that it will give you.

"I don't see many fellows around me going."

A crowd doesn't do much thinking. What will you say at the Last Judgement, if the decision goes against you? "Lord, you can't send me to hell. I just followed the crowd, and I didn't expect to be led into this predicament." Use your own head. When you see an opportunity of advancing your spiritual welfare, grab for it. Maybe you can start the crowd in the right direction.

PRAYERS: (deceased) brother-in-law of Ed Cashman (OC); aunt of Jack Eskilson (Dil); aunt of Bob Gauer (Dil). Four Special Intentions.

# FIRST FRIDAY