

Rosary and Benediction
at 5:00 o'clock daily.

University of Notre Dame
Religious Bulletin

October 7, 1946

(Ill) mother of Dick
Vander Wegen (Al).
Four Special Intentions.

DO YOU MAKE A PROPER
THANKSGIVING ?

OUR LORD REMAINS PRESENT UNTIL THE SPECIES
ARE DISSOLVED. THIS USUALLY TAKES FROM FIVE
TO SEVEN MINUTES. UNLESS URGENT NECESSITY
EXCUSES, IT IS DISRESPECTFUL TO LEAVE THE
CHAPEL WHILE OUR LORD IS STILL PRESENT
WITHIN YOU.

A number of students are streamlining their thanksgiving after Holy Communion. Are you guilty? The sign above will help you judge your case. Holy Communion is not simply the reception of Christ; It's meant to be a visit with Him. And the visit is not to be cut short.

Prayer after Communion should be prolonged for two reasons. First, because Christ remains present for a period of time after one receives the Host. How long? That depends on the length of time it takes the stomach to change the appearances or Species of Bread into another form. That change won't take place for five to seven minutes, at least. Unless one has a good reason, it would be disrespectful to run out on Christ to eat or to take up one's secular affairs.

The second reason for prolonging one's thanksgiving is also important. The more fervent the thanksgiving the more grace Christ gives through Holy Communion. Christ gives more where he finds a heart filled with love, confidence and humility. But it takes time to excite the heart to these prayers. Hurried thanksgivings sometimes are the cause of little progress in purity, patience and humility in frequent communicants.

In an official document about Holy Communion the Church says: "The Sacraments . . . produce a greater effect in proportion as the dispositions of the recipient are better, therefore care is to be taken that Holy Communion be preceded by careful preparation, and followed by a suitable thanksgiving, according to each one's strength, circumstances and duties."

If you receive Holy Communion towards the end of the Communion line at Sunday Mass, you can prolong your thanksgiving a few minutes by waiting in your pew until the crowd leaves the Church. When urgent necessity demands a short thanksgiving in the chapel, pray on the way to class or to your duty.

A Lesson From Van Wallace.

Van Wallace came for the football game Saturday. He arrived late Friday afternoon from his home in Mt. Clemens, Michigan. It was five o'clock when Van reached the campus. His first move was to receive Holy Communion. It was First Friday, you will recall, and Van wanted to keep up his old devotion of making the First Fridays. He went to Dillon Hall Chapel and received Communion. It was five-thirty.

Of course he was fasting. He had not taken anything to eat or drink since early evening Thursday. He had been fasting some twenty hours. Many an able-bodied man would have chosen to break his fast in a similar circumstance. But not Van. He sought no excuse in his having lived twenty-two years on his cot. The Eucharist has been the great source of Van's Christlike spirit. Are you courageous enough to give up eating and drinking after Saturday midnight for the sake of receiving Communion Sunday morning?