

(Ill) mother of  
Prof. Norbert Engels,  
serious.

University of Notre Dame  
Religious Bulletin  
October 5, 1948

Prayer at 5:00  
daily in Church

### How To Avoid Bad Thoughts

St. Alphonsus Liguori says that "He who remembers having invoked the name of Mary in an impure temptation, may be sure he did not yield to it."

Some people say the entire Hail Mary when assailed by tempting thoughts. Others repeat short prayers, like "My Jesus, mercy" until the images have disappeared. Others simply give themselves a pep talk of an intimate kind, telling themselves what saps they are to fool with impure images.

Some persons get rid of their temptations by doing nothing about them; they don't pray; they don't fuss; they simply remain in a state of indifference to the images. They have discovered that bad thoughts are like people: if you don't shower them with attention, they soon leave.

One ought not to pray feverishly when tempted, that is, repeat nervously and rapidly certain prayers. This method usually intensifies the temptation.

Methods can be devised for various situations. If tempted while alone, one could whistle softly or hum a favorite tune, for the sake of distracting oneself. A short walk, from one part of the room to another, often helps. There is no one method that is successful for all. The principle to follow is: use whatever means you have discovered to be helpful in your case.

If one uses his method during the course of a temptation, then it is certain that he did not commit a mortal sin, because the effort to avoid sin is a sign that one's will is opposed to any sinful action. When one is slow to use his method, or plays with temptation, then he commits a venial sin.

The frequent reception of Holy Communion keeps one pure. One student said, "I have had a tough time with temptations against purity. Communion keeps me fighting and hoping, and my mind is free from unclean thoughts most of the time, whereas formerly they were almost continuous."

### Third Order of St. Francis.

Will the freshmen, and other newcomers to the campus, who are members of the Franciscan Tertiaries leave their name and campus address with the Prefect of Religion, 117 Dillon Hall? The campus fraternity will meet soon, and the officers want to invite you to the session.

### Holy Hour in South Bend

Next Sunday there will be a public Hour of Adoration, from 2:30 until 3:30 o'clock in School Field. This is a city-wide gathering of Catholics. You have been invited to join in this community prayer.

PRAYERS: (Ill) brother of Mrs. Mary McDonald friend of N.D. Four Special Intentions.

