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This Is Sound Doctrine.

Daily assistance at Mass with reception of Communion has no parallel in the realm of personal devotions. Whatever other means you employ spiritually to honor God, it cannot be compared with the Sacrifice of the Mass. Here we have an act of infinite praise, infinite thanksgiving, infinite reparation, infinite petition. And the best time to receive Communion is at Mass.

All your other devotions -- novenas, tridua, visits, Benedictions, Stations, Rosaries, etc., are wonderful, and have their time and place in the symphony of Catholic cult. But they are not, and never will be, adequate substitutes for the Sacraments.

Therefore, whenever possible, get to Mass. If you can't stay for the entire Mass, drop in for part of it. It is better to hear a part of Mass than none at all.

Frequent distribution of Communion here at Notre Dame is not intended as a substitute for the Mass. Nor is it intended as an encouragement for you to neglect the Mass. The Church thinks it is better for you to receive Communion outside of Mass than not to receive at all. This is a convenience -- nothing more.

At Mass Itself.

Don't be content as a spectator. Be a participator. You are part of the Mass, part of the celebrant offering the Sacrifice. Play your part in the drama unfolding before your eyes.

There are many good ways of participating in the Mass. You may say private prayers, The Rosary, Novena prayers, or meditate -- all are good. Better still, you might divide the Mass into four periods employing the four ends of sacrifice:

Adoration until the Gospel  
Reparation until the Consecration  
Thanksgiving until Communion  
Petition until the last Gospel

But the best way -- the liturgical way -- to assist at Mass is to join your intentions with those of the celebrant, to follow his words and his movements, with the Missal. Say Mass with the priest.

There is little, if any, excuse for college students, who pride themselves on being alert to the point of sophistication on so many other matters, not knowing what's going on, bored, apathetic. They should never give the impression of such phrases as: "What's it all about?" or, "Come on, let's get it over with."

Missals Available.

A supply of the new St. Andrew's Daily Missal is available at the office of the Student Chaplains, in Howard, Missals Available Allen halls, -- at a reduced rate of \$6. There is a cheaper English Missal available at \$2. Other Missals are available at the University Bookstore.