

University of Notre Dame
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Let's Get Rid Of Hangovers

Some years ago a Commencement visitor, one of the most distinguished luminaries of his chosen profession in the United States today, was studying the faces of the students as they looked up at him in the Drill Hall. Turning to one of the priests, he asked: "What is there in the faces of these young men that I have not seen before in college groups? It is a spiritual quality, and it is new to me. I love young men; I like their companionship; I delight in studying them. Every year I address the students of several of the large universities. Notre Dame has shown me something new. What is it?"

He was told about daily Communion. Although he was not a Catholic, he has a Catholic spirit, and he flashed the answer: "It's the grace of the Sacraments!"

You'll never be young again. Spend your youth in the state of grace and you'll never regret these days. It will take years for you really to appreciate what they will mean in your life, but you'll draw dividends on them long before that.

Maybe the Commencement speaker would get a shock if he were to look at some of you these days -- more especially this evening. He would see many gloomy, and worried faces. He couldn't be told truthfully that all of them were due to a lack of sleep on vacation.

Tell A Priest About It

If your vacation was not all that it should have been, don't bother to tell your chums about it. They can't give you absolution. Tell it in confession.

Some might foolishly tell their chums with the usual boasting and exaggeration -- and add one more sin to the long (?) ledger.

Tell it to a priest tonight -- and go to bed in peace.

Away With Long Faces

Beware of these long, sad, faces. The saints knew the true source of happiness -- the state of grace that begets an interior peace of mind and heart. They maintained this interior peace by constant nourishment at the fountain of life and spiritual joy -- Christ at Mass and in Communion, plus an energetic performance of their duties, whatever they happened to be.

The saints were cheerful persons themselves; and they had plenty to say about sad Christians, gloomy individuals, and sadness itself. Listen:

St. Francis of Assisi: "Spiritual joy is the surest defense against the thousand traps of the devil."

St. Teresa of Avila: "From sorry-faced saints, O Lord, deliver us!"

Prayers Requested

Deceased: father of Fred Crowe, '50; father of Andrew Sokerka, '38; mother of James Schlagheck of Morrissey; Colonel Hale, friend of Bob Berry; friend of Jack Shepherd; father of Walt Anderson, '49; relative of Father Grimm. Ill: Fred Teran of Cavanaugh (accident); friend of Craig Hewett, '46; father of Abraham Garret (vetville). 1 Thanksgiving. 3 Special Intentions.