

Tomorrow at 4:45 in Sacred
Heart Church: The Holy Hour.

University of Notre Dame
Religious Bulletin
October 26, 1955

Daily at 5:00 in Sacred Heart
Recitation of the Rosary.

How To Say Your Rosary

Skip this if you already have acquired the art of saying a perfect Rosary --it's intended for those who have not. This is for the crowd that finds the stadium, the caf, the gym, textbooks, labs, St. Mary's, the nurses, and a million other distractions cluttering up the house of Zachary. It's for the housewife who lunges for her war-whooping Indians who crawl about the pews at the very time the angels are singing: "Gloria in Excelsis Deo." It's for the athletes who see "Beat the Navy" written on the back of the priest's chasuble.

It's for you -- if you find it hard to concentrate. Why?

Because our minds don't do what they're told -- especially in prayer. It's a rare individual who can sail through a single Hail Mary without distractions. The reason for this is twofold: our imagination, and our confusion.

Our imaginations are movie cameras. They have showings all day and all night. As a matter of fact, we can't turn them off. The best we can do is give them the kind of film we want to see. Even then, with all our good intentions, C-movies creep in.

Our confusion is different, and we can remedy this. Our confusion causes us most trouble in saying the Rosary. For when we are so confused that we don't even know what we want to think about, our imagination can run off lurid double-features with hardly any opposition at all. But once we know what we want, and demand it, our battle is half over. That's the way we work in everything else -- in business, in sports, in hobbies. One thing at a time -- a clear picture of the problem -- a definite plan of action -- that's the way we get the job done.

A Blueprint For Action

Ever watch a little, tousled-haired youngster come skipping into the house from school? He chucks his books on the dining-room table and moves into the kitchen. His mother is baking cookies, and the first batch is on the table cooling. She turns quickly, but before she can say: "Don't touch them now...they're for supper," he has his arms around her neck and is looking into her eyes. Finally he says with all the poetry and earnestness of a ten-year old: "Mother, you're the most beautiful mother in the whole world."

Two minutes later, he's skipping off to play football...with a warm, toll-house cookie in his mouth, and five more in his hand. And his mother stands smiling, and shaking her head.

It's not altogether different with the Mother of God and our Mother. She stands before the table of heaven with every grace and every favor that we could possibly want or need. She wants only to be asked. And the Church tells us how to ask. "Praise her, and tell her you love her. Then ask for whatever you wish."

That's just what the Hail Mary does. The first half is composed of four "praises". The last half is our petition. Take one of the four "praises" and concentrate on it, while you recite the other three. That's the way to avoid confusion. Tomorrow, you can concentrate on another. This is one way. There are many more. If you like this one, take it. If not, take another. The important thing to remember is that distractions don't leave because we tell them to; they leave because we push them out. In other words: Don't empty your mind...fill it!

PRAYERS: Deceased: father of Jerry Gerami of Dillon; Dick Helinski, formerly of Farley Hall; grandfather of Ton Barr of Dillon; father-in-law of James Armstrong (Alumni office). Ill: mother of Jim Tedford of Walsh; mother of Bob Mihlbauer (Law); William Cerney, '25, very seriously ill.