

Correction: Wednesday is  
not a day of fast and  
partial abstinence.

University of Notre Dame  
Religious Bulletin  
October 29, 1956

Blood Donors still needed  
See the Prefect of Reli-  
gion in 117 Dillon.

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To Make The Most of Holy Communion  
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Query: I go to Holy Communion, I hope, in the state of grace and with a good intention. Why don't I get more out of going ?

Reply: Since Holy Communion is a close, transforming union with Christ, the preparation and thanksgiving which foster union with God, at the same time increase the effects of the sacrament within your soul. Hence, the fruits will be measured largely by your preparation and thanksgiving. For example:

1. Do Your Duty  
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You strengthen union with God, long before you reach the chapel, by doing your daily duty as well as you can. That's God's clear will in your regard.

2. Avoid Venial Sin  
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The fellow who is ever measuring how far he can go in venial sin, without committing mortal sin, is not developing an intimate friendship with Christ. Deliberate venial sin is a mild insult -- yet an insult -- against God. You don't want any friend to be deliberately insulting you -- not even mildly. If you expect intimate favors from Christ, try to avoid venial sin!

3. Take Time to Prepare  
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If you can devote over an hour a day to the feeding of your body, you should be able to give at least a quarter of that time to the feeding of your immortal soul.

Even while you are walking to the chapel, and especially when you are actually on your knees in Christ's presence, try to realize that Jesus Christ is to come to you, with all the mercy and kindness and love that characterized His life for 33 years here on earth. If you know anything about His generosity, how can you lack confidence that He will give you all that is best for you ?

Can you help but say, "Lord, I am not worthy," when you recall that your egotism, and pride, and waywardness will soon meet His perfect sanctity in the close embraces of Communion ? "With desire I have desired to eat this Pasch with you." That is His sentiment. Have you no love to express, no desire to be united to Him -- to Him Who can enrich you with every blessing and fill every need you have?

4. Take Time To Thank Him  
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After Holy Communion, the Sacred Species remain incorrupt at least seven minutes within your stomach. Can't you stay with Him, on your knees, those seven minutes, to adore Him, to thank Him for His blessings, for His untiring mercy, to promise Him constant effort at self-improvement ? Ask Him to help you form a practical, matter-of-fact program for avoiding sin; it will please Him. What virtue are you trying to form ? What weakness or vice are you fighting? Have you anything to say to Him about it ? Have you nothing to ask for your mother and father, your brothers and sisters, your living and dead relatives and friends? What about your studies, your health ? In a word, you cannot be thoughtless, and heartless, and effortless in your Holy Communion and expect to get the most out of them!

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PRAYERS REQUESTED - Deceased: Dr. Eugene Rush, '07; Al Conway, Jr. '50; Don Howard, '45; father of Bill ('32) and Tom ('54) Blind; father of Mike McGrath of Morrissey Hall. Ill: Richard Giroux, '31; Rev. Thomas J. Mackin, '11; mother of Father Broestl, C.S.C.