

University of Notre Dame

Tonight at the Novena --
Pangborn and Sorin repre-
sent 5800 of us.

Religious Bulletin
May 15, 1957

Tomorrow night -- It's Badin
and Howard. Bells will ring
at 7:30.

Love And Sex

To help Him people heaven with thinking, loving beings, God shared His creative powers with young men and women. Sex is the creative power that He conferred upon them. Love is the special desire that brings male and female together. Matrimony is the Sacrament of God's approval upon the holy union of man and wife.

Sinful, selfish distortion of God's plan has made of "sex" and "love" words of speechless shame. Sex pleasures, stolen from their noble, creative purpose in marriage, become the basest form of human depravity. Love turned to lust is the scalding disappointment of the human heart.

History screams these truths from its pages. Experience verifies them on every side. See how many plots and murders have sprung from the false spur of sex. In fact, abuse of God's laws governing sex, love, and marriage yields more human suffering than any other single cause.

We Catholics are the children of the saints. We must keep God's plan alive in a neo-pagan world that has lost its head, that is shameless, and that is threatened with the ruin and sorrow that are always the wages of sin.

Are You A Fighter ?

To fight effectively you need an established strategy for the holy war. Here is the strategy:

- 1) Frequently draw upon God's abundant strength in Mass and Holy Communion.
- 2) Go daily in prayer to that gracious Virgin who has never denied strength to anyone who has sought her aid. Get acquainted at the Grotto.
- 3) Develop a habit of self-discipline. "All creative liberty," says Chesterton, "is the liberty to limit ourselves."

Self denial is an act of growth, not of mere repression; the battle for self-control is a conflict between the higher self and the base bodily desire. John Stuart Mill, who certainly was no Christian ascetic, observed that those who never deny themselves permissible indulgences can be relied upon to gratify their non-permissible desires.

What to do and deny? Abstain from foul magazines and newspapers and movies. Don't let the devil use drink for an ally. Keep your conversation on a high plane. Watch your companions. These are the avenues that lead to destruction. In your attitude toward the opposite sex, remember that lust is not love. Make yourself do a good day's work, every day. Jump out of bed in time for Mass and Holy Communion. Get out in the fresh air every day and take an hour of good exercise.

You can be a slave or a free man. But, to be a free man, you must fight; you must be tough -- especially with yourself. And if you're smart, you'll avoid the occasions of sin. In this battle, the smart man wins by running away from the occasion.

PRAYERS - Deceased: Prof. Carl Mathes (Dept. of Music); father of Arthur Shannon of Morrissey. Ill: uncle of Bob Mitchell of Cavanaugh; George Zink; brother of Father Connolly (Dept. of Religion); (uncle of Dave Christian of Zahm).

Adoration: - 10 a.m. until 5 p.m. in the Lady Chapel for Morrissey, B-P, St. Ed's.