

Tonight at 6:45: The  
Sorrowful Mother Novena  
in Sacred Heart Church.

University of Notre Dame  
Religious Bulletin  
May 9, 1958

Sunday: Juniors and guests  
will attend the 8 o'clock  
Mass in Sacred Heart Church.

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Why Not Receive Communion Daily ?  
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1. "I am not worthy."

Leave that to the Pope. Holy Communion is not a reward for being good -- but a means to become good, and holy, and a saint. And that's the job facing everyone of us. As Leon Bloy said: "There is only one sorrow in the world -- not to become a saint!"

2. "I don't have time."

Who gave you time in the first place?

3. "I feel better going once a month."

Feeling is not religion. There are certain sects that place religion in the feelings. But God placed religion in the intellect and in the will. Emotions may aid, but they are only a means to an end. Emotions can let you down, too. Hence, don't make them an end. Would you starve yourself for a month just to enjoy a meal more?

4. "I lack appreciation."

In eternity, there will be only two places to appreciate: Heaven and Hell. Daily Communion assures us of appreciating Heaven.

5. "I have a fear of Confession."

He was a brave man who first ate an oyster. So was the fellow who first ate olives, and grapefruit, and tomatoes. The rewards of Confession are all out of proportion to the humiliation. Peace of mind and heart, and forgiveness, are big dividends.

6. "I'm good. I don't need to go to Communion."

So was David -- but he fell into grave sin because he trusted in himself. So was Peter -- but he denied Our Lord because he bragged. The man who received one talent was good in a negative way -- but he was sent to hell by God for not being good in a positive way. You, too, will have to render an account to God for the graces you neglect.

7. "I don't like that 15-minute routine. Where did you get that?"

We lifted it from a pretty good source -- St. Alphonsus, one of the greatest theologians in the Church. The good saint advises spending 15 minutes in prayer after receiving Communion. But if you haven't that much time, then we'll compromise by suggesting this: Stay with Our Lord as long as He stays with you -- that is, until the Host dissolves. This process takes from seven to ten minutes.

8. "I don't know how to prepare for Communion."

The best remote preparation is a good, virtuous life; and the practice of prayer and self-denial. The best proximate preparation is the hearing of Mass. When this cannot be done, some time should be spent in acts of Faith, Hope, Charity, Desire, Humility, and Contrition, and in devout aspirations.

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Sunday is Mother's Day. See that your mother gets your best gift; your Communion.  
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Marian Lecture tonight at 7:30 in the Law Auditorium. Father Edward O'Connor, C.S.C. speaks on "The Significance of Devotion to the Blessed Virgin in a New Era."