Religious Bulletin
May 20, 1929

"A Eucharistic Day."

There have been requests for copies of this prayer book, which is kept on the priod-
ieus during Adoration. The cost of the book in leatherette binding (the one in use here) is $3.50; the same book in leather costs $6.00. There is a substantial reduc-
tion from those figures if several copies are ordered. If additional students want copies they should leave their orders with the Prefect of Religion today, as they
must be ordered not later than tomorrow to ensure delivery before you leave for home.

Vacation Perils.

It is not uncommon at this time of year for students who have enjoyed a year of spir-
tual fervor and moral uprightness to fear that they will go into a slump when they
go home. This is a bad state of mind, and it should be worked out with the help of a
spiritual director -- any priest. It does not take into account that if the spiri-
tual development has been real, there is built upon the individual a store of grace
and a new strength of character, a combination that will react in a different way to
temptations that once seemed overpowering.

The sane and sensible thing for a person to do if he is disturbed by such fears, is to
make up his mind now to block what he knows certainly to be avenues of sin, and to
count on the grace of God and a good spiritual constitution to carry him through what
he is not in position to avoid. You need not fear being goaded for having acquired
new moral and spiritual standards -- you will lose no friends who are worth while,
and you may gain some friends who are worth while.

Daily Communion at home is not always out of the question, although it is usually
more difficult than at school. Weekly Communion is at least possible for most stu-
dents when they return to their home parishes. The daily rosary is never impossible,
and a daily visit to the Blessed Sacrament and the Blessed Virgin can always be made,
even when one cannot visit the church. We recommend for those visits a little book
by St. Alphonsus, "Visits to the Blessed Sacrament and the Blessed Virgin for each
day of the Month." Copies of this booklet are at the pamphlet rack.

Fear that you will slip often causes you to slip. Auto-suggestion is potent. Turn it
to good, not evil ends. If you make up your mind that you are not going to fall, the
chances are that your summer will be a holy and happy one. Wishing is one thing,
willng is quite another. Many a student finds out at Notre Dame for the first time
that he really has a will -- and what a will needs most is exercise.

Perpetual Adoration And Daily Communion.

You were told when Perpetual Adoration was first proposed that it would be a source
of great blessings. Perhaps we can find concrete evidence of this in the Communion
Calendar for May. During Lent this year the daily average was 17 below last year's
figure; during May it is 127 above last year's average. The calendar for the first
19 days of May is as follows:

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If the grace of God is bestowed at adoration on those who are already frequent com-
municants to make them more faithful to the practice, who cannot we ask God to grant
an abundance of His grace to enable those who have not yet made their Easter Duty to
overcome the fears that keep them from confession. It isn't natural for a Notre Dame
man to be yellow.

Prayers.

Five special intentions; two deceased relatives; three who are ill. John Colerick,
captain of the baseball team, lost his father yesterday.