Jim Slattery (Z) is recovering nicely from his recent operation.

**RETURN THANKS THURSDAY**

**BY MASS**

Some people will sleep and eat Thanksgiving Day. No prayer of thanks will drop from their lips, not even at dinner time. Don't you be guilty.

At Mass, Christ, whose prayer is of infinite worth, thanks His Father for us and with us. Our gratitude becomes perfect at Mass. Your sense of indebtedness to God will draw you to the Holy Sacrifice Thanksgiving Day. (Extra Masses Thursday: Dillon chapel 7:20 and 8:00 in Sacred Heart Church: 9:00)

**Holy Communion and Study.**

"I have found frequent Communion a great help in avoiding immoral talk, and in attaining the success I have had so far in my studies."

"When you receive in the morning you feel like working."

"Frequent Communion is one of the greatest inspirations to a better life and to good hard work in studies. It also makes the dead part of conscience come to life and begin to function as it should."

"Frequent Communion has given me the necessary strength to do my work, no matter how hard it is, and it has increased my devotion to God a hundredfold."

"Before coming to Notre Dame I made my Easter Duty and that was all. Since coming here I have been a frequent, sometimes a daily, communicant. I find that I can do a greater amount of work, particularly mental, with a great deal less effort. Also, I have stopped worrying over trifles."

**Holy Communion and Sin.**

"Frequent Communion has caused me to think twice before cutting myself away from God by sin. I have cut down swearing, drinking, and so forth; and I try to keep away from evil associates."

"Holy Communion gives me pure, holy thoughts, which usually remain with me for the rest of the day, thereby protecting me from temptation."

"I do not lose my temper and curse as I did before I became a frequent communicant."

"I believe I could write a small book on the value of Holy Communion to the Sinner. I don't know whether it is the grace of the Sacrament itself or the prayers before or after reception, but something has wrought in me a miracle of self-conquest."

"Holy Communion has caused me to overcome my hasty temper. I have fasted for six hours in a railroad station looking at three drinking fountains around me just to go to Communion when I would arrive home two hours later. I have tried by example in my home town to show what daily Communion has done for me."

(Student comments taken from Religious Surveys)

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**PRAYERS:** (deceased) Father Matthew Kears, CSC; aunt of Robert Horn (How); uncle of Don Derivaux (BP). (Ill) Leland Stanford; mother of Jim Rodger (Dil); cousin of Bill Orr (Morr). Four Special Indentions

**HOLY COMMUNION IS DISTRIBUTED IN DILLON HALL CHAPEL NOON;**

**IN CAVANAUGH UNTIL 9:30**