My Mepilion
I hailed a woman from the street,
Shameless, but, oh, so fair!
I bade her sit in the model's seat
And I painted her sitting there.
I hid all trace of her heart unclean;
I painted a babe at her breast;
I painted her as she might have been
If the Worst had been the Best.
She laughed at my picture and went away.
Then came, with a knowing nod,
A connoisseur, and I heard him say:
"Tis Mary, the Mother of God."
So I painted a hallow around her hair,
And I sold her and took my fee,
And she hangs in the church of Saint Hillaire,
Where you and all may see. —Anonymous

Elias And The Angel.

Jezabel, the queen of Israel, promoted the worship of false gods in her country.
Elias, God's prophet, took steps to oppose her, and the queen immediately ordered his death. Elias, on hearing about his condemnation, fled from the soldiers. His flight sapped all his energy. He became so exhausted by lack of food and the hardships of the escape that he was forced to stop for rest. He no sooner sought relaxation than sleep overcame him.

Elias was awoken from his sleep by an Angel of God who said to him, "Arise and eat." The Angel had brought a little portion of cake and some water. Elias ate the food, and then fell asleep again.

The Angel came a second time. "Arise and eat; for you have a long way to go."
Scripture says that "he arose and ate, and drank, and walked in the strength of that food for forty days and forty nights, "until he reached his destination and safety on Mount Horeb.

Old Testament stories, like this one, have a purpose. God permitted certain historical facts to be written down for our instruction. By this story God wants us to see that we, like Elias, become exhausted in doing good and in avoiding the enemies of our Holy Communion.

Whether modern Catholic youth will remain strong and virtuous, especially in the virtues of purity and modesty, will depend on their devotion to Our Lord in the Eucharist. Every soul finds itself spiritually exhausted at times because of trials, temptations and disappointments. It's strength will be revived in the Eucharist, the means by which Christ uses to give new life to the soul.

Christ gave a warning to those who will not eat the Heavenly Food that He offers to everyone; He says that the soul will be wounded by the enemy and die. "Unless a man eat the flesh of the Son of Man and drink His blood, he cannot have life in him."

There is no reason for anyone starving his soul at Notre Dame. Holy Communion is distributed in all the hall chapels during morning Mass and afterwards in Dillon hall (until noon) and in Cavanaugh hall (Until 9:30 A.M.)