Pope John XXIII this week urged that the Chair of Unity Octave be observed as widely as possible in view of the approaching General Council, during which it is hoped that our separated brethren will be copiously illuminated and strengthened by the Divine Comforter. The Unity Octave is from January 18 to January 25.

- SUNDAY, JANUARY 10, is the Feast of the Holy Family, and a day on which families everywhere will be receiving Holy Communion together. Even though most of you will not be spending the day with your families, join them in spirit and receive Holy Communion for their intentions.

- ONCE AGAIN, we ask for two things. First, more blood donors are needed to insure that we will have sufficient to meet emergencies. The second request we make today is that when approaching the Communion rail at Mass, don't wait until the priest comes to the rail with the ciborium. Go up to the Communion rail as soon as the tabernacle is opened.

- THE FIGHT AGAINST indecent literature is becoming better organized, it seems. And high time, too, according to FBI Director Hoover. Hoover pointed out that although sale of this literature reaps the publishers $500,000,000 a year, still this diabolical business is costing the nation much more than money. It is robbing the country and particularly the younger generation of decency. Smut, he added, is the seedbed for depravity among all ages. Commenting on their half billion dollar harvest, the merchants of muck, according to authorities, realize anywhere from a thousand to five thousand per cent return on their investment. There is every indication that the "big timers" plan to move in and take over the octopus of obscenity. If that happens, we can expect a cunning well-organized promotion of the filth racket such as hasn't been seen up to its present development. (If these facts are correct, should we not be doing something to counteract this advance? More than a few newstands in this and other areas are veritable rogues' galleries of obscenity. We can be grateful that very little of this literature finds its way back to the campus. But, if even one piece was brought back that would be too much.)

My Week with the Sacred Heart

SUNDAY — Adore and imitate the CHARITY and ZEAL of the Sacred Heart:

1. By overlooking the faults of others and praising the virtues of the absent;
2. Refraining from the least offensive word or action;
3. Encouraging, aiding and instructing others.

ASPIRATION: All for Thee, Most Sacred Heart of Jesus. (300 days indulgence each time)

MONDAY — Adore and imitate the OBEDIENCE and HUMILITY of the Sacred Heart:

1. By promptly obeying the call of duty;
2. Not offering excuses when corrected;
3. A reverential attitude towards parents and superiors.

ASPIRATION: Jesus, meek and humble of heart, make my heart like unto Thine. (500 days)

TUESDAY — Adore and imitate the PRAYERFULNESS and MERCY of the Sacred Heart:

1. By offering aches, pains and fatigue for souls in Purgatory and sinners;
2. Forgetting wrongs and being sympathetic towards those in trouble and sickness;
3. Repeating aspirations and ejaculations at work.

ASPIRATION: Sweet Heart of Jesus, I implore that I may ever love Thee more and more. (300 days)

WEDNESDAY — Adore and imitate the PATIENCE and PEACEFULNESS of the Sacred Heart:

1. By being gentle in word and manner when annoyed or hurried;
2. Accepting all misfortune and blessings as God’s Holy Will;
3. Often recalling God’s love for you.

ASPIRATION: Sacred Heart of Jesus, I place my trust in Thee. (300 days)

THURSDAY — Adore and imitate the DETACHMENT and SINCERITY of the Sacred Heart:

1. By daily acts of mortification in reparation for profanity and impurity;
2. Indifference to honor and praise;
3. Avoiding sham and double-dealing.

ASPIRATION: Most Sacred Heart of Jesus, have mercy on us. (500 days)

FRIDAY — Adore and imitate the SINLESSNESS and APPROACHABLENESS of the Sacred Heart:

1. By repressing every appearance of repugnance or weariness;
2. Living in the State of Grace every moment of the day;
3. Showing an interest in your neighbor’s work and family.

ASPIRATION: Sacred Heart of Jesus, protect our families. (300 days)

SATURDAY — Adore and imitate the FIDELITY and GENEROSITY of the Sacred Heart:

1. By keeping one’s promises;
2. Undergoing sacrifices for the success of an undertaking;
3. Expressing gratitude to friends for their favors.

ASPIRATION: Sacred Heart of Jesus, I give myself to Thee through Mary. (300 days)

Post near your desk where it will be seen every day. (With ecclesiastical permission)