

RELIGIOUS BULLETIN.

Feb. 25, 1925, (Ash Wednesday)

Summary of

the Lenten regulations of the Fort Wayne diocese for the year '25.

1. Those who are bound to fast may take but one full meal a day, Sundays excepted.
2. The collation, taken at noon or in the evening, should not exceed eight ounces.
3. Both fish and flesh may be used at the same meal.
4. At the collation anything may be taken except meat.
5. Lard, suet, or drippings of any kind of animal fat may be used in cooking.
6. Meat may be eaten once a day on Mondays, Tuesdays, Thursdays, and Saturdays, except on the second and last Saturdays of Lent.
7. The Lenten Season ends at noon on Holy Saturday.
8. The following are exempt from the law of fasting:
 - Those not twenty-one or over fifty-nine;
 - The sick, the infirm, the convalescent;
 - Those engaged in hard labor, or other taxing duties;
 - Those too poor to buy enough to eat at the principal meal;The above-mentioned classes are not exempt from the law of abstinence.
9. Persons not exempt who feel that they should not fast or abstain, should consult their pastors or confessors for a dispensation or commutation of the obligation for other works.
10. Dispensation from the law for abstinence is hereby granted the laboring classes from Ash Wednesday, 1925, to Ash Wednesday, 1926, with the exception of Ash Wednesday itself, all the Fridays of the year, Holy Saturday before noon and Christmas Eve. If the bread-winner is entitled to the privilege granted to the laboring classes, all the members of the family may also make use of the concession, but only at one meal, unless exempted from abstinence for some other reason. Those who make use of this indulgent should perform some work of penance, such as abstinence from intoxicating drinks, from the use of tobacco, etc.
11. All the faithful should try to observe a rigorous fast, at least on Good Friday.
12. The time for the Easter Duty extends from March 1 to June 7.

The Campus Dispensation.

All dining rooms on the campus have the privilege, granted by an old dispensation which was not revoked by the new Canon Law, of serving meat at all meals during the year with the exception of Ash Wednesday, all the Fridays of the year, and the two major vigils noted above. This privilege is local, not personal. It may be used by off-campus residents while on the campus, but not at meals taken off the campus. This dispensation was obtained in the old days when the faculties of the Bishop were much more ample than they are under the new Code. ; a request for the same privilege for off-campus was refused because the Bishop had no power to grant it.

Observations.

1. To the best of the writer's knowledge and belief, there are no boarding houses in South Bend or around Notre Dame that have the campus privilege.
2. Students taking meals off-campus must abstain from meat on Wednesdays and are allowed the use of meat only once a day on other days when it is allowed on the campus three times a day. They must also abstain all day on the second Saturday of Lent (ember week) and on the morning of Holy Saturday.
3. The law of abstinence binds all Catholics who have reached the age of reason; the law of fast binds only those who have reached the age of twenty-one.

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4. Ask your confessor or the Prefect of Religion if you want a dispensation from the fast.
5. Lawful amusements are not forbidden during Lent, but good Catholics make it a point to cut out public amusements. The University tries to furnish a good program of entertainment during the Lenten Season. This is regarded as private entertainment.
6. Money saved by Lenten abstinence should be devoted to some worthy charity. You get little spiritual benefit out of your penance if you simply divert your funds from one pleasure to another. Turn them into sacrifice.

John F. O'Hara, C.S.C.,
Prefect of Religion.