

RELIGIOUS BULLETIN

Sept. 16, 1925.

Today is an Ember Day.

Wednesday, Friday and Saturday of this week are Ember days, days of fast and abstinence. All Catholics are bound to abstain from meat on these days, and those who are over twenty-one are required to fast; which means that they are allowed but one full meal, being permitted a cup of coffee and two ounces of bread in the morning, and a light lunch at noon or evening in addition to the one full meal.

Students and all others taking meals on the campus are dispensed from the fast and abstinence of Ember days, by virtue of an ancient privilege accorded the university by the Bishop of Fort Wayne. This dispensation applies to all meals taken on the campus, but not to those taken elsewhere.

Knights of the Blessed Sacrament.

Canvass of the halls for membership in the Knights of the Blessed Sacrament will be begun immediately. This is an international organization of young men who assume an obligation of weekly Communion. Members sign a pledge card denoting their acceptance of this obligation, and may wear the emblem of the Knights---a cross bearing a monstrance, the initials of the society, and an N. D. monogram. The button is of sterling silver, and its cost is thirty-five cents.

A Sophomore Reflection.

"When away from Notre Dame it seems to me that my spiritual life is not what it should be, and consequently I do not feel that happiness that goes hand in hand with a close contact with God."

"Perseverance."

Among others, this pamphlet is written for "those who have failed under stress such as vacation brings. Only a quitter turns such failure into defeat and throws down his arms." Get a copy of this pamphlet at the rack (basement chapel), and map out a course for your spiritual life. A New York banker got hold of a copy of this pamphlet during the summer, and used it for a Rotary speech.

"My Strength is as the Strength of Ten."

"Every appeal made to school spirit is in reality an appeal to the ideals for which the school stands---a complete Catholic manhood. Now the Holy Eucharist is the very core and center of Catholic life. It is 'Christ with us'; if He is with us who can be against us? It makes the spirit vigorous; it does not dilute manhood, it puts fibre into it; one learns strength from the strong. 'My strength is as the strength of ten because my heart is pure.' If Catholic manhood is to have vigor, where will it get it but from Christ, and where is the closest personal and physical contact with Him except in the Eucharist? Hence the University tries to enter fully into the spirit of Pius X, the Pope of the Eucharist, by counselling frequent communication, by removing physical and intellectual difficulties,---in a word, by taking a positive attitude." --- From an article, "Soul Statistics", in the current issue of the Rosary Magazine.

Prayers.

Prayers are requested for seven special intentions, for five persons who are sick, and for the repose of the souls of the mother of Buddie Gorman and a Brother of Roge Kiley, captain and coach respectively of the Loyola football team.

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