

Religious Bulletin  
February 18, 1928.

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Forty Hours' Devotion.

Forty Hours' Devotion will begin tomorrow at the close of the 8:30 Mass. From then until Benediction Tuesday evening the Blessed Sacrament will remain exposed (nights excepted) continuously for the adoration of the faithful. Cards similar to the First Friday cards will be posted in the halls for your signatures. The adoration is divided up between the halls in the following way:

Sunday (11:30 - 7:30)	Monday	Tuesday
Sorin	Badin	Walsh
Howard	Brownson	Carroll
Corby	Freshman	Sophomore
Lyons	Morrissey	Off-campus

The original intention of the Forty Hours' was to make reparation for the excesses committed in Rome during the Carnival, which is held the three days preceding Ash Wednesday. You should remember that reparation is the spirit of this adoration.

Lenten Regulations.

All students, members of the faculty, and community members at Notre Dame are dispensed from the Lenten fast and have the privilege of eating meat once a day on all days of the year except Fridays, Ash Wednesday and the Wednesday of Holy Week, Holy Saturday morning, and the whole Vigil of Christmas. This applies as long as you are living at Notre Dame and on short vacations away from school. It does not apply at home during the summer vacation.

The law of abstinence applies to all who have reached the age of reason. Don't feel that you can eat meat three times a day because you are under twenty-one.

There are always those who want to fast. No student should do this without the permission of his confessor. If you want to fast and have permission to do so you may take only one full meal a day (at noon or in the evening), with a cup of coffee or some similar liquid and two ounces of bread in the morning, and a collation (about one-fourth of an ordinary meal) for the third refection. Meat is permitted at this principal meal except on Wednesdays and the other days noted above in the dispensation.

Substitute Penances.

All Catholics are bound under pain of sin to do penance during Lent. If you are dispensed from the fast you must do something else. Choose your penance wisely. Here are some suggestions:

1. Daily Mass and daily Communion. For the benefit of off-campus students there will be a daily Mass on week days in the Sorin chapel at seven.
2. Cut out dancing. If you stop whirling around your brain may settle.
3. Correct bad habits, especially profanity and drink.
4. Give your sacrifice savings to some worthy cause.
5. Study. That's a smart penance. It will fool the folks.
6. Visit the Blessed Sacrament daily. Your hall chapels need adoration.

Don't cut out smoking and start chowing; don't wear a hair shirt and backbite your neighbor. Be yourself.

Prayers.

Dan Egan asks prayers for a relative who is ill; Romeo Allard and Leo Schultheis for a deceased relative. Also pray for two special intentions.