
Our Lady of Lourdes Today.

Today is the Feast of the Grotto. It commemorates the appearance of the Blessed Virgin to Blessed Bernadette. Take your requests for special favors to the Grotto today.

Sudden Death Again.

There have been three deaths this year -- a workman, a student, a professor. The three of them have been sudden. Thursday's Bulletin had another warning of sudden death; the dear old Judge died that night -- but he went to God with the preparation of a life of goodness and usefulness. Wednesday morning the 7:30 Mass will be offered for the next one of us to die.

Confess While You May.

We have to keep harping on one string -- early confession for Ash Wednesday -- because it is a real problem. Your opportunities today are:

1. All morning in the Sorin chapel;
2. After supper in the Basement chapel;
3. During and after Benediction in the Church.

If You Fast --

If you are twenty-one or over and do not wish to accept the Bishop's dispensation on his terms (that you really work), you need to know what the law of fast is. It permits but one full meal a day, to be taken at noon or evening, with a cup of coffee or some such liquid and two ounces of bread in the morning, and a collation (eight or ten ounces of food) at the time fixed for the third meal of the day. It also requires that you abstain from meat on all Wednesdays and Fridays, the second Saturday and the morning of Holy Saturday, and that you make use of meat only once a day on the other days of Lent, with the exception of Sunday, when it is permitted without any restriction.

If, on the other hand, you work conscientiously at your studies, you are excused from both fast and abstinence, except that you are allowed no meat on Ash Wednesday, the Wednesday of Holy Week, and the morning of Holy Saturday.

Substitute Penances.

Important substitutes for Lenten abstinence are the following:

1. Keeping in the state of grace for the forty days;
2. Daily Mass and Holy Communion, especially early Mass;
3. Control of the tongue;
4. Spiritual reading, visits, meditation, the beads;
5. The Way of the Cross daily, or at least Friday.

Watch Your Meat Diet.

Don't restrict yourself to meat now that it is no longer banned for Lent. Too much meat is bad stuff at this time of year, when your blood is too thick. Boils, high blood pressure, rheumatism, scurvy -- these are some of the afflictions visited on the heavy meat-eater. The Church's restriction of meat is sensible for the season; respect it as much as you can and your health will benefit.

Prayers.

John Paul Hickey's mother died Saturday afternoon; Wm. Griffin's mother has suffered a stroke. Two deceased persons; three special intentions.