

Benediction and Sermon
tonight at 7 and 7:30.
For Ash Wednesday...

University of Notre Dame
Religious Bulletin
February 16, 1942

...Confessions tonight at
church and afterwards
in Dillon, How. and Cav.

(Deny Self) - What Are You Going To Do For Lent? - (Improve)

Lent has a purpose. It is a special time of prayer and self-denial for every one, saints and sinners, that they may make reparation for sin and improve in the practice of virtue. It's a time for work. We must set ourselves to the job of wiping out past offenses and transforming ourselves into the likeness of Christ. All sincere students will take Lenten resolutions - and keep them.

To Be Done every Day.

1. Mass and Holy Communion. In the Mass Christ makes reparation for us and with us. In Holy Communion He transforms us into more virtuous sons of God. Use the Missal. You can get a Lenten Missal at the office of the Prefect of Religion - for a few dimes.
2. The Beads. Say five decades of the Rosary in honor of our Blessed Mother whose intercession will help you be faithful to your self-denial and improvement in virtue.
3. A daily visit to the Church. Talk with Christ for a few minutes. Do this before or after class, or after meals.
4. Benediction. There will be Benediction every day during Lent. The ten or fifteen minutes you spend with Christ at the close of a busy day of work will refresh you.
5. Avoid the occasion of sin. Sin is responsible for the existence of Lent. Run from danger whether it be books, shows, companions, sessions, dreaming.

You Should Give Up Something

Take Your Pick

1. Intoxicants. This is a splendid opportunity to repair past excesses.
2. Off-campus shows.
3. Dances.
4. Tobacco. At least modify its use. Smoke only after meals. Or give up cigarettes and confine yourself to the pipe.
5. Excessive sleep. Keep away from the bed during the day. Or if you must revive yourself, then limit the time of repose. Set the alarm.
6. Profanity and vulgarity (No choice). Penalize yourself when you fall. The Poor Box in the Church awaits your self-imposed fines.

Don't Be Surprised.

With Christ on the altar in the midst of the family of Notre Dame and hundreds of students praying before Him in love, reparation and petition, something will happen - as it always does happen during Forty Hours Devotion.

Christ touches the souls of saints and sinners.

The sinner will find some strange voice urging him to get back to confession. He is touched by the mercy of Jesus and is convinced that the telling of his sins won't be hard after all. Perhaps the prayer of some student at adoration won that grace for the sinner.

Those who are playing fair with Christ will not be left unmoved. The new desires which will spring up within them are from their Master. If they desire to be more kind, more humble, more patient, more long-suffering, they must thank Christ. Something always happens to us when Christ passes by.

PRAYERS: (deceased) Mrs. Agnes G. Fisher, mother of Sister M. Puritas; friend of J. Farrel (Morr.); Licut. Walter C. Boyle; Sister Gertrude Dolores. Ill, Father Charles Doremus, C.S.C.; friend of Van Wallace; mother of Tom Rolfs (Lyons). Six Spec. Int.