

Saturday morning  
Mass in your hall chapel  
for the team.

University of Notre Dame  
Religious bulletin  
November 17, 1944

Holy Communion is  
distributed all morning  
in Sorin. Press buzzer.

### The Example Of Al Smith.

Some people will remember the late Al Smith for his brown derby and big cigar. Others will think of him as an outstanding statesman in New York. The death of Al, not many months ago, disclosed that many of his friends considered him a great Catholic. The good acts one performs often go unadvertised until death. Al's intimates are now telling incidents that show the depth of his Catholic Faith.

A story recently published is about Al's conversation with a delegation of citizens from Atlantic City. A committee had come to invite Al to speak in their large auditorium. There would be a capacity crowd, some 25,000 or 30,000. Mr. Smith promised to speak. The delegation immediately discussed the details of the proposed talk, such as the subject, the program, the notables to be invited and so forth. The development of the plans went along smoothly until Al, suddenly recalling a point he had overlooked, exclaimed, "Just a moment, gentlemen, on what day of the week does that date fall?"

"Saturday," they said, "Saturday night."

"Sorry, gentlemen," responded Al, "it's all off. We never go out on Saturday night. We always go to 8 o'clock Mass on Sunday."

Catholics have an obligation to plan their Saturday night of entertainment with Sunday in mind. There are limits to legitimate recreation. One may not dance, play cards, travel about town up to the point of fatigue. When social activity incapacitates a person to the extent that it endangers his rising on time for Sunday Mass, it ceases to be recreation. It has become evil, and a sin.

You may take a weekend soon. You may get the chance to imitate Al Smith by excusing yourself when you have reached the deadline in entertainment and long hours. Remember that when you do the right thing, you are doing a service to Christ.

### You May Eat Meat On Friday In The Dining Hall.

The following are dispensed from the law of abstinence while on the Notre Dame campus, that is, they may eat meat on all days of the year, including Friday, with the exception of the Vigil of Christmas, Ash Wednesday, Good Friday and the forenoon of Holy Saturday. Note carefully the limitations of the dispensation.

1. All men and women in the Armed Forces of the country. (While on or off campus)
2. All civilian students when on campus and eating in the university dining halls or Student Infirmary.
3. All prefects and employees who eat in the dining halls proper or elsewhere in the Dining Hall (not the cafeteria) or in the Student Infirmary.
4. All dining hall and Infirmary employees during working hours when eating in the Dining Hall or Student Infirmary.

All who eat in the Notre Dame cafeteria (other than servicemen and servicewomen) are to abide by all the laws of abstinence now in effect; they are not dispensed.

Difficulties in the procurement of food and in the preparation of two different menus are at the basis of this dispensation. No one is dispensed from self-denial. Pray more frequently. Make better efforts to uproot bad habits. Live a Catholic life shining with good example.

PRAYERS: (deceased) father of Pat Wagner (Cav.); mother of F. L. Benton (Chem. Dept.); grandmother of Jack Freese (Cav.); uncle of Father Thomas Steiner, C.S.C. (Ill) grandfather of Jim Donnelly (Sor); Father Martel, C.S.C. Two Special Intentions.