

University of Notre Dame
Religious Bulletin
February 16, 1953

Fast And Abstinence Regulations For The United States

ON ABSTINENCE: Everyone over 7 years of age is bound to observe the law of abstinence . . . Complete abstinence is to be observed on Fridays, Ash Wednesday, the Vigils of the Assumption and Christmas, and on Holy Saturday morning. On days of complete abstinence meat and soup or gravy made from meat may not be used at all. . . Partial abstinence is to be observed on Ember Wednesdayss and Saturdays, and on the Vigils of Pentecost and All Saints. On days of partial abstinence meat and soup, or gravy made from meat, may be taken only once a day at the principal meal.

ON FAST: Everyone over 21 and under 59 years of age is also bound to observe the Law of fast . . . The days of fast are the weekdays of Lent, Ember days, the Vigils of Pentecost, the Assumption, All Saints, and Christmas. . . On Fast days only one full meal is allowed. Two other light, meatless meals sufficient to maintain strength may be taken according to one's needs. Meat may be taken at the principal meal on a day of fast except on Fridays, Ash Wednesday, and the Vigils of the Assumption and Christmas. . . Eating between meals is not permitted; but liquids, including milk and fruit juices, are allowed.

Exceptions: When health or ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, consult a parish priest or your confessor.

Lenten Regulations For Notre Dame

A very practical difficulty is involved in preparing meals for those bound to fast (21 or over) and those not bound. Because of this, the Bishop of Fort Wayne grants a dispensation from the general law of fasting and abstaining for students, faculty members, employees, etc., whenever they eat their meals on campus; visitors eating on campus may enjoy this privilege also. This dispensation is local -- restricted to the place -- and does not apply personally when meals are eaten off campus.

This dispensation extends to all days of the year, except Ash Wednesday, Good Friday, the morning of Holy Saturday, and the Vigil of Christmas.

Because a large number of students live off campus (Vetville is considered a part of the campus), the Reverend Bishop, by special dispensation, consents to grant these students the same Lenten privileges enjoyed by students living on campus. This special privilege may be used whether meals are eaten on campus or off, but is applicable only to students living off campus.

No one may use this privileges -- unless he substitutes some other form of penance. We suggest almsgiving -- of funds that formerly went for pleasure and luxuries. We also suggest prayer -- daily Mass and Communion; an extra Rosary for the family; or the Stations of the Cross daily; or a half-hour adoration each day in Sacred Heart Church.

Tonight at 6:45: Forty Hours Devotions. Sermon by Father Mullahy. The services will terminate before the Mardi Gras' Carnival opens.

Adoration -- All day tomorrow. Closing of the Forty Hours tomorrow at 6:45 p.m.

PRAYERS: Deceased: Mr. Jerry McCarthy of Detroit, benefactor; Sister Anthony, CSC; Miss Violet Anderson, fiancée of Charles King, '52; Ill: Father John B. DeLauney, C.S.C.; father of John Woods (Off-Campus); Bob O'Malley of Badin.