Seniors: Tonight begins the Marriage Institute.
It's highly recommended.

University of Notre Dame Religious Bulletin February 23, 1955 Afternoon Mass today in the main church at 5:10; tomorrow in Dillon chapel.

Look, Phinias, It's Lent!

Today, Phinias, the Church splashed ashes on your forehead and intoned the sobering admonition: "Remember, man, that you are dust; and unto dust you shall return!" It jolts you a little, which is the whole idea -- even to the point of recalling the day of your death and the hour of Judgment. Grim! That's the idea.

And lest the idea should wear off with the ashes, up comes the Church again with the startling echo of Christ's own words of admonition: "Unless you do penance, you shall all likewise perish!" You think now of the moment of your death, and the Judgment that is sure to follow; even of the fire of hell! That's the idea.

And then you recall the comforting truth that it hasn't happened yet to you -- that there is still a chance to avoid the tragedy of perishing. And you begin to plan how it will not happen to you. You might even find it in your heart to love the Church; and to be grateful to her for her timely admonition in your regard. She's a good mother when it comes to looking after her children who, sometimes, don't look after themselves so well in things that matter most.

And note this, too, Phinias: she is just brave enough and honest enough to call a spade a spade."

Who, Me?

The season of penance is for everyone -- everyone who has lost his baptismal innocence. There are no exceptions.

"But I'm dispensed. You said so."

No, Phinias -- not from penance. You may be dispensed from the general law of fast and abstinence - and you are at Notre Dame -- but you are never dispensed from penance.

"Even on the reservation here?"

That's right. Even on the reservation here, no one can dispense you from doing some form of penance. That's clear now. And what to do about it? Do penance.

What Would You Suggest ?

This, Phinias, to start with: If you don't have the habit of daily Mass - start with that. Mass itself is not a penance -- it's a privilege. But getting to Mass may entail a little penance. Here at Notre Dame, we have over 100 Masses a day -- in your own hall chapel; in the Basement Church; late Masses in Alumni and Dillon for Off-Campus men. And now we have an afternoon Mass at 5:10 -- so many Masses daily that you can hardly avoid one. And the Mass is the most fruitful act of reparation possible because the Mass is of infinite value. In the Mass we have an Infinite Victim in an act of infinite reparation.

And there's daily Adoration in Sacred Heart Church from 10 until 5 -- Monday through Friday. Pick out a convenient half-hour each week, and make reparation for all the sins of your checkered past.

And there's the Family Rosary -- with its abundant blessings for you and for the family whose other members may not have the time or the atmosphere in which to pray such as you do -- members who are footing the bills and so have some claim to your prayers of gratitude. For a start, Phinias, think over these suggestions. It's Lent!