

February 26, 1956

From: Chaplain of the Off-Campus Men
To: All Off-Campus Students
Subject: The Lenten Season

Since many of you do not see the Religious Bulletin (though it's available at Dillon chapel and pamphlet room), there are a number of things that I want to bring to your attention, especially with regard to the holy season of Lent. It is a time of penance, of mortification, and self-denial. The religious program here on campus is geared to help you make the most of this holy season, following the admonition of Our Lord: "Unless you do penance, you shall all likewise perish."

Your Lenten Dispensation from fast and abstinence is a personal one -- it follows you on or off the campus. Hence, you may eat meat at each meal on or off the campus. Students who live on campus enjoy this dispensation only at Notre Dame -- not in South Bend or elsewhere. Since you enjoy this dispensation, you must do some other form of penance -- because no one can exempt you from penance.

Try to get to daily Mass and Communion (6:30 until 8:30) -- in Dillon or Alumni hall chapels where there are Masses on the hour and on the half-hour. The latest Mass is at 8:30. In addition to these Masses, there will be an evening Mass at 5:10, Monday through Friday, alternating between Sacred Heart Church and Dillon chapel. If daily Mass is impossible, remember that Communion is distributed all morning in Dillon chapel, at 10-minute intervals -- all for your convenience.

To receive Communion at the evening Mass, you must abstain from solid foods for 3 hours; and from liquid foods (cokes, milk, coffee, etc.) for 1 hour.

The Daily Adoration, during Lent, in Sacred Heart Church, from 10:00 a.m. until 5:00 p.m., Monday through Friday, invites you to spend a half-hour at your convenience there in prayer. The various halls on campus will have particular days assigned to them; but you come whenever you are able. You'll find this a wonderful experience; and the best time in your life to pray -- for yourself and for your family. No doubt about it -- it's the finest thing you can do for them.

At Notre Dame, we always have the Forty Hours Devotion on the Sunday, Monday and Tuesday preceding Ash Wednesday. The devotion is so named in honor of the 40 hours that Our Lord's Body remained in the tomb after His death and burial. These are the days of Carnival -- when there is much celebrating prior to the austere time of Lent; and when many are guilty of sinful excesses. This one last fling often results in sin -- and it was in reparation for these sins on these days that the devotion was instituted in Milan, in 1548. Here at Notre Dame, the Blessed Sacrament remains exposed on the altar throughout these three days. Drop in at your leisure; spend a half-hour, or more, or less, in reparation for your sins, and the sins of the world. Brief evening devotions at 6:45 on Sun., Mon., and Tues.

A Plenary Indulgence may be gained -- once each day -- by those who receive the Sacraments, visit the Church, and recite 6 Paters, Aves, and Glorias. An indulgence of 15 years may be gained each time you visit the Church and recite the same prayers with a contrite heart.

Finally -- Don't forget my office. I am located downstairs in the Student Center. Drop in for a little visit -- whether you have problems or not. I'm in Dillon chapel from 9:30 until 11:00 each morning; at the Center from 11:00 until 12:00 and from 1:00 until 3:30; and in the evening from 7:00 until 9:00.

-- Reverend Joseph D. Barry, C.S.C.