

37

Religious Bulletin  
February 16, 1926.

-----  
Go to Confession Tonight!!!

While confessions will be heard during the Mass tomorrow morning (8:00 o'clock) it is useless to expect four priests to hear five hundred confessions in an hour. Use your head. Confession will be heard all day today in the Sorin Hall chapel, and after supper in the basement, and at 7:30 in the church.

The Lenten Regulations.

All Catholics are bound to do penance during Lent.

All Catholics who have reached the age of reason are obliged to follow the law of abstinence. This means that they are allowed the use of meat only once a day on Monday, Tuesday, Thursday and Saturday, and not at all on Wednesday and Friday. They are also obliged to abstain from meat on the second Saturday of Lent (Ember Day) and on the morning of Holy Saturday.

The law of fast obliges all who have reached the age of 21. They are allowed only one full meal a day, at noon or evening. In the morning they may take a cup of coffee or other warm liquid and two ounces of bread (a Notre Dame bun, or its equivalent in weight). In the evening (or at noon, if the order is reversed) they are allowed a collation, which amounts to one-fourth of the ordinary meal.

A person is exempt if the state of his health will not permit fast or abstinence, or if through hard labor (ploughing, iron-mongering, stone-cutting, or the like) there is much drain on the physical forces.

A person may be dispensed from the FAST if he has a good reason; he does not dispense himself, however; a confessor does the dispensing. He may be given a commutation instead; this means the substituting of some other work for the fast.

The Campus Indult. At all meals taken on the campus, there is a dispensation from the law of fast and abstinence. This applies only to the campus, however. At all meals taken in town one is held to the laws of the diocese of Fort Wayne, which are the regulations given in the preceding paragraphs.

Substitutions: Those who make use of the campus indult, or of a particular dispensation by a confessor, are obliged to perform other works of penance, such as abstinence from tobacco, candy liquor, theatres, and the like. Dancing is particularly opposed to the spirit of penance, and is about as foreign to the Catholic sense as anything can be. It is little short of grave scandal for a student of the University, which aims to train Catholic leaders, to indulge in dancing during Lent.

What to do for Lent.

The following suggestions are offered:

1. Hear Mass and receive Holy Communion every day.
2. Watch your tongue. It can get you into more trouble than it can get you out of, and your Purgatory will be a miserable one if you let your tongue wag as it is accustomed to.
3. Guard your eyes. Our Lord went so far as to tell us to pluck out an offending eye.
4. Fence in your feet. Don't let them stray into paths of sin. Don't let them dance.

AYERS: Francis Brason's mother underwent an operation the other day.