

University of Notre Dame  
Religious Bulletin  
February 17, 1931.

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The Lenten Regulations.

Unless they be dispensed or exempted, all who have reached their 21st birthday and have not completed their 59th year, are expected to observe the Lenten fast, which means that they

1. May take only one full meal a day, Sundays excepted. This full meal may be taken either at noon or in the evening.
2. If the full meal be taken at noon, then the amount consumed at the evening repast or collation should not exceed ten ounces. If the principal meal be taken in the evening, then the noon refectation or collation may not exceed ten ounces.
3. Meat is permitted only at the principal meal, except on Sunday; it is not even permitted at the principal meal on Wednesdays and Fridays, and on Ember Saturday.
4. At the collation everything may be eaten except meat, but the quantity must not exceed ten ounces.
5. According to the intention of the Church, only liquids are permitted in the morning, such as coffee, tea, cocoa. But custom has led to the toleration of the use of unbuttered bread or toast, or crackers, the quantity not to exceed two ounces.
6. The use of tea, coffee, or any liquid except milk or one in which considerable milk is used, may be taken between meals without breaking the fast.
7. Lard, suet, or drippings of any kind of animal fat may be used in cooking and seasoning foods.
8. The Lenten season ends at noon on Holy Saturday. Hence, if the noon-day meal should be taken after twelve o'clock, meat will be permitted.

Our Own Privilege.

We may eat meat on all days in Lent except Ash Wednesday, the Fridays, and the morning of Holy Saturday. We are not obliged to fast. This dispensation, which is granted by the Rt. Rev. Bishop of Fort Wayne, applies as long as we are connected with the University, and holds good for meals taken in South Bend as well as on the campus. We enjoy it, however, provided we do the work we are supposed to do. Loafers may fast. We must do other penance, however; not even the Holy Father can dispense from the Divine obligation of doing penance.

Ash Wednesday Program.

- 7:00 a.m.- Low Mass, with blessing of ashes. 8:15 - Breakfast.  
8:30 a.m.- Communion High Mass, with blessing of ashes. Students may attend.  
10:00 a.m.- Exposition of the Blessed Sacrament, to begin adoration for the day.  
12:30 p.m.- Distribution of ashes in the Sorin Chapel.  
5:20 p.m.- Benediction, and close of adoration for the day. No evening services.

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PRAYERS: John Weibel, '25, brother of Ted, is very ill with pneumonia. Joseph Lewis, '20, brother of James, for whom prayers were asked Friday, died as a result of the airplane accident reported that day. John T. Harrington's brother was struck by an auto Sunday. John Pavlick's brother is very ill. Walter Grzesk, George Vlk, and Robert Meikeljohn's father underwent operations yesterday morning. C. J. Maxson's is very ill. Nine special intentions.