

University of Notre Dame
Religious Bulletin
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On How To Keep Lent.

Two more weeks of Lent remain, the week of the Passion, and Holy Week. Your spirits may have flagged; is so, they need to be renewed. From the Roman Breviary, a treasure of Catholic thought (which the Marquis of Bute's translation has made available in English), we take the hymn from Matins, reflection on which will revive drooping spirits.

Now, with the slow-revolving year,
Again the Fast we greet;
Which in its mystic circle moves
Of forty days complete.

That Fast, by Law and Prophet taught,
By Jesus Christ restored;
Jesus, of season and of times
The Maker and the Lord.

Henceforth more sparing let us be,
Of food, of words, of sleep;
Henceforth beneath a stricter guard
The roving senses keep:

And let us shun whatever things
Distract the careless heart;
And let us shut our souls against
The tyrant tempter's art;

And weep before the Judge, and strive
His vengeance to appease;
Saying to him with contrite voice
Upon our bended knees:

Much have we sinned, O Lord! and still
We sin each day we live;
Yet look in pity from on high,
And of Thy grace forgive.

Remember that we still are Thine,
Though of a fallen frame;
And take not from us in Thy wrath
The glory of Thy name.

Undo past evil; grant us Lord,
More grace to do aright;
So may we now and ever find
Acceptance in Thy sight.

Blest Trinity in Unity!
Vouchsafe us, in Thy love,
To gather from these fasts below
Immortal fruit above.

PRAYERS: John Begley's uncle died Friday. Bob Johnston's mother underwent an operation yesterday. A deceased friend of a student. Joe Fraine, for many years an employee of the University, died Tuesday. Three special intentions.