

One adorer needed
for 5:30 Wednesday

University of Notre Dame
Religious Bulletin
February 16, 1932.

Wednesday devotions
7:00 and 7:45 p.m.

How Is Your Lent Squaring Up?

Dances? Shows? Dates? Liquor? What are you giving up for Lent. You should certainly start with the occasions of sin. You know what they are in your own case. You know that this is your best chance of the year to gain self control. What are you doing about it? Read the following "Lenten Reflections" published by Our Sunday Visitor, official organ of the diocese:

"Because of the frequent mitigation of the Lenten laws of fasting and abstinence most Catholics do not take the obligation seriously. This would not be so bad if they substituted other penitential works for fasting. But they have grown so accustomed to gratifying practically every inclination to eat or to drink, to entertain or be entertained, to patronize the theatre, to attend dances, to spend all free time away from home, that they have lost all sense of mortification.

"For long centuries all Catholics observed Lent very rigorously. At no meal during the whole Lenten season were they permitted to have meat or eggs or milk or milk products. Among some of the schismatic churches, such as the Greeks, Lent is still observed in the strict way. Formerly it might have been necessary to convince people that the Lenten demands made by the Church were not calculated to injure health, but today, when thousands of the best physicians urge people to follow a vegetarian diet, when thousands of wealthy people patronize sanatoria where they receive nothing but fruits and vegetables, this argument should no longer be necessary.

"In fact, the undernourishment of millions due to the general unemployment situation has not been so detrimental to good health as the overnourishment during prosperous times. The records of nearly every parish house point to fewer deaths and funerals during 1931 than during the year 1929. A certain pastor whose parishioners have not been twenty per cent employed, and whose school children have had to be fed day after day, reports to the writer that he had not a single funeral during the first six months of 1931.

"The purpose of these reflections is not to press you to be more strict than the Church, but to take away the unbounded fright that a little fasting or abstaining would have an unfavorable reaction on your health. It is very likely that the reaction would be favorable. But since the Indult granted to working men and their families takes practically the whole heart out of the fasting obligation for most people, it is clear that they should supply the omission by more faithful attendance at all public devotions in church, by attending week-day Mass several times a week, if not daily, by participating in the Way of the Cross both publicly and privately, by trying to be less worldly minded, by devoting to religious causes the nickels and dimes withheld from the confectionery store, from the movies, from the dance hall.

"We would repeat that the bits of money thus saved should be used for the payment of a membership in the Propagation of the Faith, for a subscription to a Catholic paper, and the balance given to the parish church to cover a Good Friday and Easter offering. If Catholics, the country over, did this, they would get much spiritual benefit for themselves and foster important causes of the Lord, which are suffering these days of world-wide distress."

Yesterday's Bulletin showed by statistical evidence dull minds and hard hearts. If you don't like the reference to hard hearts, look over the list of daily intentions recommended to your prayers and ask yourself how much attention you have paid to the acute needs of your fellow-students.

PRAYERS: Brother Cyprian is improving after a sinking spell during which he was anointed. Two friends killed in accidents; two very ill; a brother of Bob Massey, '31, very ill.
LOST: A watch left in the dining hall wash room last week; return to Manager's office.