

Adoration cards
Pamphlet Rack
Dillon Hall

University of Notre Dame
Religious Bulletin
February 24, 1933.

Off-campus students:
12:00-12:30 adoration
should be yours

What To Do For Lent.

Next week we begin Lent. Some discussion, some thought, will help you to plan a sensible method of keeping this season holy. You plan a trip, don't you? and talk it over with friends who have been there? Then plan your excursion into asceticism.

Last year's Religious Survey (which should be out in two more weeks) has some interesting information on last year's mortifications. The following question was asked:

"Have you given up any of the following for Lent: Dancing? Dates? Shows? Smoking? Drinking? Town?"

Seventy failed to answer the question; 104 said that they had given up none of them. The "Yes" answers were as follows:

Dancing.....	266	Smoking.....	185
Dates.....	225	Drinking.....	318
Shows.....	64	Town.....	56

Most students checked more than one of these acts of mortification: the most popular combination was dancing, dates and shows. Some others stated that they could not sacrifice any of these things because they never indulged in them; still others said that they seldom indulged. To satisfy your curiosity in this matter - and to point to a lesson in total abstinence as a form of temperance - we submit the following statistics:

	Seldom	Never
Dancing.....	17	60
Dates.....	19	49
Drinking.....	13	103
Smoking.....	11	105
Shows.....	5	
Town.....	17	7

It certainly seems easier to stay away entirely from these forms of diversion than to use them in moderation, if the above table is accurate. (It may not be accurate, of course, since a specific question on the extent of indulgence was not asked.)

That's the negative side of Lent. How about the positive side? It is there most particularly that you have your chance for spiritual profit - not that mortification should be abandoned (what hurts, helps), but that the principal sources of grace are the Sacraments and prayer. Here is a positive program that is within the reach of every student in the University:

1. Daily Mass and Communion. God Himself is our Sacrifice in the Mass. Had we been within reach of Calvary on Good Friday we would have wanted to be present: the Mass is Calvary brought to us.
2. Frequent Adoration. Don't be heedless of this rare privilege - seniors especially. Quiet communing with God can be very precious for your soul.
3. Daily Way of the Cross. If all the world were to take out ten minutes a day for reflection on the sufferings and death of Christ, Heaven would come on earth. Let the 19th Centenary of the Crucifixion mean something special.

GAPS IN ADORATION (cards at the Rack) - Sunday: 1:00; 1:30; 3:00 (2); 3:50; 5:30.
Monday: 8:30; 10:30; 12:00 (2); 2:00; 3:00. Tuesday: 12:00; 3:00.

PRAYERS: Deceased - Rev. John Schopp, '94; a friend. Ill - Ben Wiley's mother; Leo O'Neil's father; a brother of Bernard Lay; an uncle of Bob Devaney. Three special intentions; one thanksgiving (recovery from sickness).