

Adoration cards  
Pamphlet Rack  
Dillon Hall

University of Notre Dame  
Religious Bulletin  
February 7, 1934

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

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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.

The Religious Survey published last year has some information on students' 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.)

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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.

ADORATION SEQUENCES. Those who want sequences (novenas, weekly adoration, and the like) should fill out their cards at the Dillon pamphlet rack without delay, so that we can know our needs.

PRAYERS: Ill - Father Farley, C.S.C.; Orlando Pisaturo (appendectomy); an aunt of David Flynn; the brother of John Wollack (operation). Four special intentions.

A CORRECTION - Will Haskins, '22, was incorrectly reported as deceased on the Bulletin of December 13.