

Mass Tues. of St. Matthias,
p. 753. Collects as in mis-
sal. --Mass Tues., 7:20, for
P. Lynch's father.

University of Notre Dame
Religious Bulletin
February 24, 1936.

Go to Confession tonight!
Make your Lenten plans be-
fore the Blessed Sacrament
exposed!

Here Are Suggestions For Lent.

Judging from Communion figures for the last three weeks, most of you have been waiting for something. It must be Lent! Make up your mind definitely, now, what you are going to do.

A. These positive points are suggested to you:

1. Above all, go to Mass and to Holy Communion every morning. This is by far the most effective form of penance that you can adopt. The Sacrifice of the Mass, the memorial of Christ's passion and death, is the most important event that takes place in the world; it is the daily re-presentation of Calvary. Its possibilities of making good for sin committed and of drawing strength from Heaven are literally infinite. To get the most out of the Mass, follow it reverently and intelligently with your daily missal. Christ invites you, warns you, pleads with you to receive Holy Communion. Don't disappoint Him a single day this Lent. Besides the intrinsic value of offering Mass and of receiving Holy Communion daily, you strengthen your will by climbing out of bed every morning to offer the whole of Mass before breakfast.
2. Make, at least weekly, a half-hour of Adoration during Lent. This provides you an opportunity to speak almost face to face with Christ--to ask His forgiveness for your coldness or inattention in receiving the Sacraments, especially the Sacraments of Penance and of Holy Eucharist. At Adoration you can look back prayerfully over your past mistakes; you can look forward with Christ to more generous plans for the future.
3. In honor of Our Lady, say five decades of the Rosary every day during Lent. Maybe you will want to say them at the Grotto.
4. Put in eight full hours each day at class, study, and cultural reading.

B. Choose the negative forms of penance that will keep you in the spirit of Lent, those that will eliminate sins and occasions of sin from your life:

1. Abstain entirely from the use of intoxicants, in honor of Our Lord's thirst on Calvary;
2. Give up all off-campus shows;
3. Keep away from dances;
4. Don't date during Lent;
5. Correct bad habits of speech by saying one Our Father (or by giving five cents to the poor) at each offense.

A strict Lent, you say? Not strict at all if you know the meaning of sin. But if you haven't courage to undertake the entire program, adopt as many of its points as you possibly can. And don't, under any circumstances, miss daily Mass and Communion!

Father O'Hara Preaches.

Tomorrow night (Tuesday), at 7 and 7:30, Father O'Hara, President of the University, will deliver the sermons. For 20 years he spent his days and his evenings in confidential dealings with students. He, of all Americans, knows you and knows what will make you secure with God. Bring his recommendations, at all costs, into your life! PRAYERS (deceased) Mrs. John Molloy, mother of John Molloy '29. Ill, Bill Sheridan's (Fr.) sister; Charley Roger's (St. Ed's) mother; uncle of Francis Payne (Dillon).