

Ashes distributed again at
12:30, Dillon, tomorrow
for off-campus students.

University of Notre Dame
Religious Bulletin
February 9, 1937

Your Mardi Gras.

TONIGHT: Benediction and sermon at 7:00 and 7:30. Father O'Hara, president of the University, will preach. Go to Confession tonight, any time during the sermon, or during Benediction. The crowd in church tomorrow morning will be the largest of the year and you may find no opportunity then for Confession.

Tomorrow Morning.

Distribution of ashes starts sharply at 7:00. Mass begins immediately after. Please don't come up to the Communion rail for ashes after Mass starts, for Holy Communion must be distributed all during Mass and afterwards. Confessions will be heard tomorrow morning beginning at 7:00. Go to Confession, if necessary, tonight..... Breakfast Wednesday morning will be at 8:00; classes are to start at 9:00; Lenten Adoration, at 10:00.

Lenten Dispensation at Notre Dame.

Members of the faculty, members of the Community, Notre Dame students, and all employees of the University are dispensed from the fast and abstinence by the Most Reverend Bishop of Fort Wayne "provided they do the work they are supposed to do." Exception is made for Ash Wednesday and for the morning of Holy Saturday; these two times you must follow the general laws of the diocese. The Lenten dispensation applies to those residing off the campus.

"Remember Man....."

....That thou art dust and into dust thou shalt return." These words the priest will utter when, tomorrow morning, he places ashes upon your forehead in the sign of the cross.

Two points the Church calls dramatically to your mind in this ceremony: that you are a sinner; and that, in spite of your present strength and security, you are one day going to die. She wants you to make the obvious deduction: "I must do penance for my sins against the day of my death."

Last-Minute Suggestions.

Your will is weak? It became weak through self-indulgence. It will grow strong through self-denial. The strengthening of your will is an important purpose of penance. Get up for Mass and Holy Communion every day during Lent; that denial of sweet sleep, plus extraordinary Eucharistic graces, will help buck up your will.

All faculties need control and regulation. (a) The eyes sometimes stray in wanton pleasure upon beauty perverted--on stage and in movies, in picture and printed word. Abstain from off-campus shows and cut out worldly reading to discipline the eyes. (b) How about a little less radio as a restraint upon the ears? (c) The tongue can praise God and encourage noble character and teach truth and purity; it can also swear and libel and desecrate and speak bitterly. Check the tongue. (d) Do you need discipline on drinking, dating, dancing? (e) Meditation on the Passion, (especially in making the Way of the Cross) will motivate your Lent, purify your memory and imagination and store them with fruitful pictures. (f) A vigorous eight-hour day of study will discipline both your intellect and will.

Penance is the coin of ransom for the soul held captive by sin. "Unless you do penance you shall all likewise perish."

PRAYERS: (deceased) Most Rev. A.F. Schenmer, D.D. Ill, sister of Father Hoff; sister of Miss Agnes Sobatzke; mother and uncle of Jack (How.) and Dick (Lyons) Anton; uncle of Tom McCarthy (Alum.); Charles McNamara (Morr.); John Simon (How.); Walter Sullivan (Brownson); Tom Schriener (Morr.); grandmother of Joseph Miller (Off-Campus).