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Seasoned Suggestions For Sinners.

Last month's Communion figures would give one the jitters. Maybe, though, you were saving up for Lent.

Well, Lent at last is just about here. So let's get ready.

Resolutions, you know, if they're to be kept, have to be thought out carefully. Plunging into them with the eyes shut just doesn't work.

Here are a few suggestions to help get you under way:

- 1) Mass and Communion every morning. This suggestion alone can make your Lent a success. But remember many mornings that bed will seem mighty, mighty comfortable; and oh how tired one can feel when the bell tears away at peaceful sleep. Make up your mind now, for penance, to jump out without argument at the first sound of the bell.

And here's a tip well worth your while: separate yourself from a dollar and buy a missal. Ask a priest to show you how to use it. Above all be convinced that the Mass is Calvary. The only difference between the bloody and the unbloody sacrifice is one of time and circumstance.

- 2) Make at least two periods of adoration each week. Experience often that peculiar glow which comes to a person in cassock and surplice kneeling before his Lord. An old Protestant lady once told a priest that if she could believe what we Catholics believe, she'd crawl on her hands and knees to Church. Can you wonder at her for saying this?
- 3) Say the rosary and/or visit the grotto every day. Mary, you see, is the Mother of Purity.
- 4) Attend faithfully the Lenten services on the campus.

A Few Don'ts To Choose From.

- 1) Don't date, dance or drink. (But don't bet on it.)
- 2) Don't gripe or use vulgar expressions, or tolerate profanity.
- 3) Don't waste time. Keep a study schedule.

Skip These.

- 1) Be on time for meals, and late for mass.
- 2) Vegetate, not meditate, during Lent.
- 3) Give each poor man a quarter for every dollar he stands on end.
- 4) Keep silence at the movies, but talk in church.

Please note: members of the faculty, students and working people attached to the University are dispensed from the fast and abstinence "provided they do the work they are supposed to do." Exception is made of Ash Wednesday and the morning of Holy Saturday. Off-Campus students enjoy these privileges. Students on vacation away from the University must follow the regulations of the diocese in which they are.

PRAYERS: (deceased) Sister Mary Placida Flynn (Nazareth, Mich.); Rev. John F. Linskey (Detroit); Florence Zientowski, Ill, mother of Bob Bischoff (Zahn); aunt of Fred Vorlewede (Bro); brother of Bob Harbach (Cav); two friends of B. Morse (Lyons); grandmother of Bill Botzum (Al); friend of Frank Guindon (Mor). Eight special intentions.