

Benediction tonight 7,
7:30 (closing). GET TO
CONFESSION TONIGHT in

University of Notre Dame
Religious Bulletin
February 25, 1941

Main Church, Dil. How.
Cav. to 9:45. Sermon
Wed. night, Fr. Robinson.

Mass and Ashes Tomorrow!!

Distribution of ashes begins sharply at 7. Mass starts immediately after. Holy Communion will be distributed during Mass and afterwards. Do not come up for ashes after the priest begins to distribute Holy Communion. Confessions will be heard tomorrow morning beginning at 7:00. But the crowd is so large that it will be impossible to hear all Confessions Wednesday morning. GO TO CONFESSION TONIGHT! Breakfast Wednesday morning at 8:00. Classes begin at 9:00. Lenten adoration starts at 10:00.

Take Your Pick.

During your Forty Hours Adoration or at Benediction, you can get as nearly face to face with Christ as you ever will on earth! Under His inspiration, plan your Lent. Carefully and generously choose those forms of penance that will make your life and your soul more secure. Here are some positive items:

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 Mass, follow it reverently and intelligently with your daily missal. Special Lenten missals are being secured. 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.
4. Put in eight full hours each day at class, study and cultural reading. Offer up your studies as a penance; read Catholic books (Pref. of Rel. Library) and magazines.

Choose some 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. Avoid any past occasion of sin; i.e., that person, place or literature.
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!

PRAYERS. Deceased: Mrs. Thomas Lalley; Friend of F. Teehey (Car) and B. Stechschulte (Cav); Uncle of Paul Patten (How). Ill: Friend of Julius Kristan, '39; Aunt of Tom & John Powers (St. Ed); Brother of Walt McCourt (Dil); Frank Graves (B-P), operation; Mother of M. Wilke (B-P). 4 Special Intentions.