

Have a heart! Four priests can't hear 3000 confessions Sunday. Go to confession tonight.

University of Notre Dame  
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Extra study charts (Vicious Circle) on Sorin and Dillon pamphlet racks, and in Office of Prefect of Religion.

# WELCOME!

When you arrived at Notre Dame, you received a warm welcome and perhaps you were not aware of it. Mary the Mother of God greeted you the moment you stepped on the campus. Here was a quiet handshake and embrace. She welcomed you because this is her University, her home -- Notre Dame means Our Lady -- and every student who comes here becomes the object of her maternal love and special protection. When you feel as if the bottom has dropped out of your life, take a look at the statue atop the Golden Dome. The sight of Our Lady with arms extended to help you will restore your confidence.

And for you old Notre Dame students, this is your homecoming. You must have felt the unseen presence of Our Lady when you returned home again. She had a lot to do with your safe return, so it would be a good idea for you to visit the Grotto to tell her of your gratitude.

### Dispensation From Lenten Fast.

The Notre Dame students are dispensed from the Lenten law of fast and abstinence, and so are the professors and employees with their families. Our Most Reverend Bishop grants this dispensation on condition that the privileged persons apply themselves seriously to their work and substitute some other form of penance, like attendance at daily Mass and Communion, the rosary, public Lenten devotions, Stations of the Cross, abstinence from intoxicants. No one is exempt from penance.

This dispensation is in effect whether one eats in the dining hall, the cafeteria or any other place on or off the campus. The off-campus students enjoy this favor also. No meat may be eaten on Fridays, nor on the forenoon of Holy Saturday. The privileged persons are dispensed on the Ember Days. The dispensation means that three full meals may be taken each day, with meat permitted at all meals.

Here are a few suggestions for a program of self-denial: no eating between meals, no candy, one cigarette to be taken after meals and no more, or complete abstinence from tobacco. Don't save your money on these items. Give it to the poor or to the missions. It's poor spiritual business to save your money only to blow it on yourself on luxuries after Lent.

### Forty Hours Adoration.

Beginning Sunday, there will be Adoration of the Blessed Sacrament in the Church, every day of the week throughout Lent. Forty Hours Adoration will open this Lenten tradition at Notre Dame. The Solemn Mass opening the Adoration will start at 8:30 A.M. There will be evening services during Forty Hours for all the students on Sunday, Monday and Tuesday at 7:00 P.M. The students themselves volunteer for half-hour periods of Adoration. Early next week a student promoter of the Adoration will call at your room to take down the period you wish to take each week during Lent.

### A Ten Minute Start.



The church bells ring about ten minutes before the start of Sunday Mass. You should be leaving your hall when you hear the bells ring out. Latecomers offend God and distract their neighbor in his prayers. Sunday Mass Schedule: 6, 7, 8:30, 10:10.

NO 9:00 MASS THIS SUNDAY ONLY; 8:30 INSTEAD