

FORTY HOURS TONIGHT  
7:00 - 1st Group  
7:30 - (procession) and  
closing - 2nd Group.

University of Notre Dame  
Religious Bulletin  
February .8, 1947

Daily Adoration begins  
Wed., 8 to 5.  
Benediction begins at 5.

### Who Wrote This?

Early in January the following note requesting prayers was slipped under the office door of the Prefect of Religion. The note was unsigned. Its author is requested to report to the Prefect of Religion because a generous offering has been left for the poor family.

"A young lady-friend of mine lost her mother last week. The girl's father is in the hospital ill and has not been told of the death. There are seven children in the family all of whom are younger than the girl I speak of, who is twenty-four. The family is not financially secure and it seems that the young lady has a well nigh insurmountable job ahead of her in trying to fill her mother's shoes. Today I wrote assuring her that she would have the prayers of Notre Dame men supporting her. Please request the boys to remember this intention in their prayers."

### Suggestions For Lent.

Abstinence from intoxicants. If one has sinned by drunkenness or overindulgence he should be only too willing to deny himself that which has occasioned his sins. Total abstinence may be difficult, but it leads to self control and the strengthening of the will.

Stations of the Cross. This is a manly devotion. It was Christ the Perfect Man who first made the Stations. The Way of the Cross can be made with profit in about ten minutes. Nothing more is required than a short reflection on the events pictured at each Station. No genuflections or special prayers are necessary; simply reflect on Christ's sufferings as suggested by the fourteen scenes of the Passion.

Rosary. The rosary can be said reverently in ten minutes. If your day is so filled with activities that you think you cannot spend that much time with your beads on one occasion, then say part of the rosary in the morning and part before retiring. In the past small groups of students have said the rosary together in the chapel towards the end of the evening. (There are rosaries in the Dillon hall pamphlet rack.)

Daily Mass. This is the perfect Lenten practice. Mass gives God more praise and reparation than any other devotion. It is Calvary all over again, that's why Mass is so pleasing to God. Mass is the perfect prayer and the perfect act of reparation for sin because it brings Christ from Heaven to pray and to offer the merits of His sufferings for us and with us.

Holy Communion. A single Holy Communion strengthens the recipient in all the virtues, particularly in charity. If Lent is a time to make greater strides in kindness, patience, purity truthfulness, and the other virtues, then one should welcome Christ at the altar rail daily.

Ash Wed. Schedule. Ashes will be blessed in Sacred Heart Church before the 6:00 A.M. Mass and distributed then and after Mass. In Dillon chapel distribution will be throughout the morning, and from 12:30 to 1:00 P.M. In the hall chapels the time of distribution will be announced by the rectors.

Late Weekday Masses during Lent.

7:20 DILLON & CAVANAUGH

8:00 BASEMENT Chapel of Church

— HOLY COMMUNION DISTRIBUTED ALL MORNING IN DILLON —