

The K-C's will solicit  
Alumni and Dillon halls  
tonight for Forty Hours'...

University of Notre Dame  
Religious Bulletin  
February 16, 1950

...and first-week Lenten  
adorers....each student -  
one-half hour per week.

### Lenten Regulations At Notre Dame.

In virtue of a dispensation granted by the Most Reverend Bishop of Fort Wayne, the members of the faculty and their families who live on the campus or at least have their meals there; the student body; Religious assigned to the University or to a Religious house; employees and their families who are resident on the campus or at least eat their meals there; Sisters working in any capacity at Notre Dame; workers on the Notre Dame Farm--are dispensed from the fast and abstinence. (This privilege applies to visitors eating on the campus.)

This dispensation extends to all days of the year, except Ash Wednesday, Good Friday, the morning of Holy Saturday and the Vigil of Christmas (when abstinence must be kept) and Fridays throughout the year (when abstinence must be kept.)

Important note: This dispensation (local, not personal) does not hold good if students or members of the faculty or employees eat in the city or off the campus anywhere.

Furthermore: "The approval of the above dispensation is granted on condition that those who avail themselves of it will substitute other forms of penitential works, such as attendance at public Lenten devotions, or week-day Mass, and the practice of voluntary self-denial of some sort, such as abstention from alcoholic beverages or too worldly amusements. Lent should be taken seriously during this Holy Year."

### Dispensation From Eucharistic Fast For Sick.

"Students, religious, etc., who are ill and in an infirmary on the <sup>N</sup>otre Dame campus may receive Holy Communion without fasting from liquids and/or medicines (even solid medicines, as pills) up until one hour before Communion--on Sunday and one other day during the week. They may take solid foods up until four hours before Communion."

### When You Miss Daily Mass.

Consider well, just before Lent, what participation in the Mass means, what a treasury of graces the Mass is in itself:

1. It is one of the greatest means of sanctifying and saving your soul, and is the highest act of the virtue of religion and the central reality of Christian life.
2. It is the greatest source of grace for overcoming temptations, carrying daily crosses and bearing everyday trials.
3. It is an opportunity to offer in union with Christ a sacrifice of infinite value. The sacramental immolation (separate consecration of bread and wine signifying mystical separation of Body and Blood) is a sign of the interior oblation of Christ, the Victim, to whom you should be united by a generous act of your will.
4. It is an opportunity to offer to God a sacrifice which pleases Him more than all your sins taken together displease Him.
5. Effective graces coming from the Mass affect you only in proportion to your interior dispositions. If you miss daily Mass, sleep in because of laziness, indifference, unwillingness to inconvenience yourself, your dispositions are nil, and the graces you receive...well, what graces? (to be continued.)

Correction in Tuesday's Bulletin: Last line should read "pledge of immortality."  
Prayers: (deceased) brother of Rev. Joseph Muckenthaler, C.S.C. Ill: Frank Thompson, N.D. plumber; (critically) Joe Loughlin, 39; friend of Joe Genz (Corby).