

Prayers: (deceased) mother  
of Charles Cain. '49

University of Notre Dame  
Religious Bulletin  
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Participate in the Mass  
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### Lenten Regulations Again.

This year the Most Reverend Bishop of Fort Wayne restricted the Lenten dispensation granted to Notre Dame and those connected with Notre Dame to meals eaten on the Notre Dame campus only. In other words, when those over twenty-one--living off campus or on campus--eat their meals off campus they are bound by the Lenten regulations of the Fort Wayne Diocese.

These regulations are briefly these: Everyone between the ages of twenty-one and sixty is obliged to fast unless excused on account of sickness or exempted on account of hard work. The law of fasting restricts the person to one full meal each day, at which meal meat may be eaten, except on Wednesdays and Fridays. Meat may be eaten at one meal on Wednesday of Holy Week. The Lenten fast ends at noon Holy Saturday. In the morning the one who fasts is permitted only a couple of ounces of unbuttered bread with coffee or some other liquid, not milk. He may have fruit juices. In the evening he is restricted to about one-third the food taken at the principal meal, of which meat may not be a part. The principal meal may be taken at noon or in the evening.

When off-campus students over twenty-one eat on campus they may use the Notre Dame dispensation which does not oblige them to fast except on Ash Wednesday, Good Friday and Holy Saturday. The essence of the fast consists in the ONE FULL MEAL. For detailed application to these regulations consult your confessor.

### The 9 o'clock High Mass Sunday.

A praiseworthy effort will be made by the Liturgy Club to have the entire congregation sing all the ordinary parts of the Mass. Members of the student choir, Glee Club, midnight tenors and early morning basso profundos are requested to attend this Mass and participate.

### Lenten Reading.

A supply of CHRIST IN THE GOSPEL is now available at the offices of the Prefects of Religion. This little volume contains the Life of Christ in word and picture, woven into one complete story....It is so divided that it furnishes suitable reading for each day of the year, especially applicable for daily Lenten meditations.

"The life, example and teaching of Jesus Christ recorded in the Four Gospels constitute a code of perfection for every Catholic....This volume is suited to many purposes....When used in conjunction with the STUDY GUIDE it provides a complete system and schedule of meditation."

### How Well Do You Know Yourself?

CHRIST IN THE GOSPEL will be of real value in acquiring the self-knowledge which is so necessary for steady growth in the spiritual life. As Father Felix Duffey, C.S.C., so well says in PSYCHIATRY AND ASCETICISM: "Self-knowledge, as an ascetical practice, if it is to have a deep and permanent life-value, must have the psychological character of reference to an objective norm or measure, a genuine spiritual basis outside self for a realistic self-judgment....We have only one formula for passing true judgment upon ourselves as Christians, one model for an appraisal of our character as Christians. To the Catholic mind....that norm is to be found in the God-man....Genuine knowledge of ourselves can come only through a study of ourselves in the mirror of Christ, the ultimate perfection of human nature."

To know yourself better know Christ better. Use CHRIST IN THE GOSPEL!