

Tonight, 6:45, Main Church: University of Notre Dame After 40-Hour devotions attend  
Sermon and Benediction. Religious Bulletin Mardi Gras.

February 5, 1951

Thinking. . . . Planning.

Wednesday we begin Lent. Some discussion, some thought, some reflection, will help you plan a sensible method of keeping this season holy.

Prayer and penance during Lent, an obligation of immediate importance and a matter of grave obligation, are most acceptable to God if performed in the right spirit.

During Lent Catholics who call themselves practical and who have in mind and heart heeding the Church's mandate to pray and do penance will prepare themselves by down-to-earth resolutions which they aim to keep, come what may.

Our confused world, torn by complex ideologies, needs the sincere example of Catholicism in action. Untold scandal has been given by secular-minded Catholics who have by-passed the fact that Christ died on a cross to effect their salvation. All true followers of Christ crucified are marked by the Sign of the Cross and that which the cross always implies--prayer and penance.

To All Of Us.

Our Saviour was speaking to us all when He said: "If any man will come after Me, let him deny himself and take up his cross daily and follow me."

The work Christ came to do on earth was primarily a work of divine charity. Men were to receive an abundance of HIS LIFE, but only on the condition they die to sin in order to receive this divine life.

To destroy sin and its effects Christ would have us "die to ourselves," or "deny ourselves and take up our crosses." Self-denial is a condition of true discipleship with Christ. During Lent the Church stresses this fact.

A well-known spiritual writer defines self-denial as "the destruction of sin and its consequences, the renouncement of things licit but not useful for us, so that pre-occupation with them may not absorb us to the detriment of divine union."

Be Tough On Yourself.

Negatively: give up something you like to do--v.g., dancing, dating, going to shows, smoking, beering, going to town, listening to the radio, eating between meals, etc.

Positively: It is much more in the resolve to do than in the resolve not to do that you have your chance for greater spiritual growth. There's not much sense in digging a hole in the ground unless you are going to put something into it. The principal sources of grace are the Sacraments and prayer. Here is a positive program that is well within the reach of every student in the University:

1. Daily Mass and Communion: The primary and indispensable fount of the Christian spirit is active participation in the Sacrifice of the Mass. Buy a missal. Learn to pray the Mass with the celebrant. The prayer of Christ at Mass is the most powerful prayer on the face of the earth.
2. Frequent Adoration: Pay attention to this rare privilege. Spend at least one half-hour weekly on your knees, Basement Chapel. Monday through Friday: daily adoration 12:30 to 5:00 p.m. Benediction at 5 o'clock.
3. Way of the Cross: The Cross is our only hope.
4. Daily Rosary: A plenary indulgence may be gained for yourself or for the Poor Souls if the rosary be prayed before the Blessed Sacrament.

Prayers: (deceased) Mrs. Mary Fitzgerald. Operation, mother of Bill Prindiville. Seriously ill, mother of John (O-C) Collier. Appendectomy, Bill Erman (Cav.)