

ASHES distributed in hall chapels at times to be announced by rectors.

University of Notre Dame
Religious Bulletin
February 6, 1951

ASHES for employees, off-campus students, etc., in Dillon & Cavanaugh: 12:30.

Summary of Fort Wayne Lenten Regulations As Applicable Off Campus.

1. The Lenten fast and abstinence begin on Ash Wednesday and cease on Holy Saturday at midday.
 2. On Sundays there is neither fast nor abstinence.
 3. All the days of Lent except Sundays are fast days of precept, on which only one full meal is allowed.
 4. Days of both fast and abstinence are the following: a) Each Friday of Lent; b) Ember Saturday and until noon on Holy Saturday; c) Each Wednesday with the exception of Wednesday of Holy Week.
 5. Those who have completed their seventh year are obliged by the law of abstinence.
 6. Those who have completed their 21st year are also obliged by the law of fasting until their 60th year (i.e., from the 21st birthday to the 59th birthday), unless they are dispensed by special dispensation, by sickness, by grave inconvenience, by confessor or by pastor.
 7. The use of floss-meat is allowed at the principal meal on Monday, Tuesday, Thursday and Saturday, except Ember Saturday and Holy Saturday forenoon.
 8. (The essence of the fast is one full meal per day.) In the morning a small breakfast is permitted. The luncheon should not exceed one-third of the full meal. (A full meal is considered to be around 32 ounces.)
 9. By virtue of an Apostolic Indult, the Most Reverend Bishop dispenses working people from the obligation of ABSTINENCE on all days of the year except Fridays, Ash Wednesday and Holy Saturday until noon. This Indult allows the same people to have meat at the main meal on the Ember Days and Vigils (Christmas excepted) throughout the year.
- (Note: This dispensation does not exempt from additional obligation of fasting where such exists. The term "working man" includes the "working woman" if she is the chief bread-winner of the home. The dispensation covers not only individual workmen in whose favor it is granted, but all the members of their families. It is expected that those who avail themselves of this indult will perform some other work of penance.)

Summary Of Lenten Regulations For On Campus.

In virtue of a dispensation granted by the Most Reverend Bishop of Fort Wayne, members of the faculty who live on campus or at least have their meals there; the student body; Religious assigned to the University or to a Religious house; employees who are resident on campus or at least eat their meals here; 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 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. But this dispensation is local (restricted to the campus), not personal. It does not hold for students or members of the faculty or employees, etc., when they eat their meals off campus where they are bound by the Fort Wayne diocesan regulations. (Vetville residents are to be considered as living on campus. Hence this dispensation is applicable to them.)

Note: Those (v.g., students under 21) who are exempt from the precept of fasting may eat meat at each meal on the days on which meat is allowed at the principal meal. . . . Each year difficulties arise concerning these twofold regulations when some meals are eaten on campus and some off. Consult your confessor. . . . But keep in mind this: No Catholic is excused from the law of penance. There are those who for good reasons are dispensed from the positive law of the Church but they are not thereby exempt from the natural, divine law of mortification. . . . Tonight, 6:45, solemn closing of FORTY HOURS DEVOTION. There will be congregational participation.

(LENTEN ADORATION BEGINS WEDNESDAY, 12:30 to 5:00, BASEMENT CHAPEL.)