

February 23 was Ray Espe-
nan's second anniversary
Mass; requested by KC's.

University of Notre Dame
Religious Bulletin
February 25, 1952

Sermon by Father Sheedy to-
night (Forty Hours) 6:45.
Adoration tomorrow all day.

Must We Do Penance?

It would take too much space and time to prove that we must do penance for our sins, that we must practice mortification to restore or heal our human nature by destroying sin and cleaning up its backwash.

Our Lord said very simply, "Except you do penance, you shall all likewise perish." The Catholic Church determines what is indetermined in this warning. Therefore she decrees days of penance and determines how the penance will be performed. To foster the spirit of penance and of reparation for sin, to encourage self-denial, to guide us along the way Our Lord traveled, the way along which we must travel if we want to be His disciples, the Church imposes by law fast and abstinence.

New And Simplified Regulations For The United States.

ON ABSTINENCE: Everyone over 7 years of age is bound to observe the law of atsti-
nence. . . Complete abstinence is to be observed on Fridays, Ash Wednesday, the Vigils
of the Assumption and Christmas, and on Holy Saturday morning. On days of complete
abstinence meat and soup or gravy made from meat may not be used at all. . . Partial
abstinence is to be observed on Ember Wednesdays and Saturdays and on the Vigils of
Pentecost and All Saints. On days of partial abstinence meat and soup or gravy made
from meat may be taken only once a day at the principal meal.

ON FAST. Everyone over 21 and under 59 years of age is also bound to observe the
law of fast. . . The days of fast are the weekdays of Lent, Ember Days, the Vigils
of Pentecost, the Assumption, All Saints and Christmas. . . On fast days only one
full meal is allowed. Two other light meatless meals sufficient to maintain strength
may be taken according to one's needs. Meat may be taken at the principal meal on
a day of fast except on Fridays, Ash Wednesday and the Vigils of the Assumption and
Christmas. . . Eating between meals is not permitted; but liquids, including milk
and fruit juices, are allowed.

Exceptions. When health or ability to work would be seriously affected, the law does
not oblige. In doubt concerning fast or abstinence, a parish priest or confessor
should be consulted.

Lenten Regulations For Notre Dame.

A very practical difficulty is involved in preparing meals for those bound to fast
(21 or over) and those not bound. Because of this the Most Reverend Bishop of Fort
Wayne grants a dispensation from the general law and fasting and abstaining for
students, faculty members, employees, etc., whenever they eat their meals on campus;
visitors eating on campus may enjoy this privilege also. This dispensation is local
--restricted to the place--and does not apply personally when meals are eaten off
campus.

This dispensation extends to all days of the years, except Ash Wednesday, Good Friday,
the morning of Holy Saturday and the Vigil of Christmas.

(Because a large number of students live off campus (Vetville is considered on campus)
the Most Reverend Bishop, by special dispensation, consents to grant these students
the same Lenten privileges enjoyed by students living on campus. This special
privilege may be used whether meals are eaten on campus or off, but is applicable only
to students living off campus.)

However, the Bishop points out, no one may enjoy these privileges unless he substitutes
some other form of penance, such as daily Mass, attendance at Lenten Devotions, the
Way of the Cross, alms-giving, etc.

Prayers: (deceased) mother of Rev. Ed Murray, C.S.C.; Dr. H.E. Snyder; William Wells.
III, father of William, '34 and James, '39, Green.