

University of Notre Dame
Religious Bulletin
March 1, 1957

Follow This Old Notre Dame Custom

Every year on Quinquagesima Sunday, Notre Dame begins the Forty Hours Devotion -- so named in honor of the forty hours that Our Lord's Body remained in the tomb after His death and burial. We carry on a custom begun in Milan about the year 1534. St. Philip Neri introduced it to churches in Rome in 1548.

The idea behind the devotion is reparation. These are the days of Carnival -- when there is much celebrating prior to the austere days of Lent. In Catholic countries there was a literal "Goodby to Meat" for the duration of Lent; hence the celebration. Frequently the celebrations of the carnival season were occasions for sin. Many were guilty of excesses. And it was in reparation for these sins especially that the Forty Hours Devotion was instituted. In New Orleans, the Ursuline Nuns who arrived shortly after the founding of the city, always spend the night of Mardi Gras in prayer -- in reparation for sins committed on that occasion by neighboring citizens.

The Forty Hours Devotion is also a serious reminder that Lent is in the offing; it prepares our minds and hearts for the great penitential season that begins on Wednesday. And so at Notre Dame the Blessed Sacrament remains exposed on the main altar throughout Sunday, Monday, and Tuesday. You are invited to drop in at your leisure, and to spend a half-hour in prayer -- for your own shortcomings, and for the sins of the world. Drop in for shorter intervals between classes, and after meals. On Sunday evening there will be brief devotions at 6:45.

Indulgences

A Plenary Indulgence may be gained once each day by those who receive the Sacraments, visit the church, and recite six Paters, Aves, and Glorias.

An indulgence of 15 years may be gained each time the church is visited, and the prayers mentioned above are recited with a contrite heart.

The confession required for gaining the Plenary Indulgence may be made at the time of the Forty Hours, or during the octave preceding, or following it. Holy Communion may be received on the day preceding the Devotions, or during the octave. Sorrow for sin is necessary for gaining the indulgences which, once gained, may be applied to the souls in Purgatory.

Did You Sign Up?

The Spiritual Commissioners in each hall are still signing up men for the Lenten Adoration. If they missed you, bring the matter to their attention. Remember: there is a particular day assigned to your hall, each week. You are asked to choose a half-hour at your convenience. This is a good way to start getting "tough" with ourselves -- on our own knees! Are you tough enough to try it?

Tomorrow is First Saturday -- the day for Fatima Devotions in private. If you missed Communion this morning, make sure you receive tomorrow for the intention of a Happy Death. It's one of the rewards promised by Our Lady for the Five First Fridays.

PRAYERS - Deceased: mother of Jerry Hendel, '47; mother of Father Lisewski, CSC.
Very Ill: mother of Father Connolly, (Religion Dept.); Lisa Orstrum; mother of Bill Ginder of Sorin. 2 sp. intentions.

Tonight at 6:45. The Sorrowful Mother Novena in Sacred Heart Church.