

Mass this afternoon at
5:10 in Sacred Heart, with
Distribution of Ashes.

University of Notre Dame
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Follow Lent with a missal
at daily Mass. See the Class
Chaplains for bargains.

Your Lenten Dispensation

During Lent, Catholic people throughout the world between the ages 21 to 59 fast, and abstain on certain days of the week. On some days there is complete abstinence (as on Ash Wednesday and the Fridays); on other days there is only partial abstinence, and meat is permitted at the principal meal of the day.

Everyone over 7 years of age must abstain from meat on the days prescribed (Ash Wednesday and the Fridays of Lent). Everyone between 21 and 59 is required to fast -- i.e., he is permitted only one full meal a day. In addition to this full meal, two lighter meals without meat are permitted, but they should not equal another full meal. The fast days in Lent are all the weekdays, including Holy Saturday; and on these days meat may be taken at the principal meal only.

That's the general program for Lent that you will be expected to follow the rest of your life, if you remain a practicing Catholic. The Church prescribes this rule of fast and abstinence as binding under pain of mortal sin. If your health or work would be seriously impaired because of fasting, the law does not oblige you. In doubt, consult your parish priest or confessor.

The purpose of the law is penance. Everyone must do penance. Our Lord warned us: "Unless you do penance, you shall all likewise perish!" Out of maternal regard for her children and their eternal welfare, the Church singles out this season of penance, and specifies the penance to be done. Everyone must take Lent seriously.

Here at Notre Dame, lest the fasting and abstinence impair our health or work, the Most Reverend Bishop declares that we are dispensed from this form of penance -- but only while we are here on the campus. The dispensation extends to the faculty, visitors, residents, employees -- when they eat on campus (The Morris Inn and Vetville are all part of the campus). For Off-Campus students the dispensation becomes a personal one -- it follows them off-campus likewise. Hence, for everyone except off-campus students, the Notre Dame dispensation is a local one. The Bishop wants the dispensation confined to the campus that we may not give scandal to those who are obligated to observe the general laws of fast and abstinence.

Then We're Dispensed From Penance?

No, no one is dispensed from penance. The Pope, the Cardinals, Bishops, Priests, Sisters, your good father, saintly mother -- all must heed the warning of Our Lord: "Unless you do penance, you shall all likewise perish!" No one can exempt you from doing penance. Our Bishop says that you are to substitute daily Mass, the Lenten Series, Adoration, and acts of self-denial.

And so, if you want to play this game of Lent as a practical Catholic, according to the explicit law of the Church and based on the warning of Our Lord, you must fast and abstain; or you must send in a substitute in the form of prayer, self-denial, or almsgiving. You cannot be dispensed from doing penance. And we all start today. You'll be smart if you make the most of this season.

PRAYERS - Deceased: brother of Rev. William Havey, CSC; father of John, '33 and Edward, '37 Hoyt; aunt of Jim Morrison of Alumni; father of Jack Elder, '30; parents of Leo J. Vogel, '17 (who was erroneously reported deceased); John M. Breen, '23; grandfather of Jack Dolan of Lyons; James E. Campau; Michael Maher of Denver, Col. (Freshman for 1957); friend of Tom Burke of Sorin. Ill: friend of Bob Putnam of Lyons; aunt of Jack Dolan of Lyons; Sgt. Hans Duncan (formerly professor of military science). 3 special intentions.