

# RELIGIOUS BULLETIN

Vol. XLI, No. 19

Monday, November 6, 1961

Notre Dame, Ind.

## THIS EVENING

Because the Office for the Dead will be chanted at 5:00 P.M. this evening in Sacred Heart Church, the 5:10 Mass this evening will be offered in Dillon Chapel.

## LOST ROSARY

After the Northwestern week-end, we received the following appeal: "Last Saturday, either between Sorin and Sacred Heart Church, or in the church itself, I lost a black crystal rosary. I discovered the loss after the 9:30 Mass. The rosary has my name engraved on the back of the crucifix. It has a sentimental value far beyond its material worth, since it was an anniversary present from my wife, who died only a few months ago, and it was blessed by Pope John. George Kelley, '28 "

## CLOSED RETREAT

There are still some openings for any who may wish to make a closed retreat this coming week-end at St Joseph Hall here on campus. If interested, contact Paul Shellhammer, Room 303 Walsh Hall.

## THE 20-30%

20-30% of you, according to a recent study by the U.S. Office of Education, are wasting your abilities by not using them fully. The under-achiever--the student who habitually fails to perform near the highest level of his abilities--impedes the nation's pursuit of excellence, and unless some changes are made, is establishing a pattern that will affect his entire working lifetime. All agree that counseling can help to take many of the 20 to 30 per cent out of the under-achieving category. A writer once asked Jack Dempsey, "Jack, when a fighter is caught in a corner, how is the best way to get out?" "There are two ways, pardner," said Dempsey. "One is to quit. The other is to fight your way out." For some, the greatest part of the fight is the effort required to seek some counsel. The opportunities for counseling here are numerous. But no one is going to force you to seek help.

## ON THE WAY OUT

Thinking they may have spawned a monster, clothing manufacturers are voicing concern over possible effects of the trend toward casual dress on the behavior of the nation's young men. Educators, social agency officials, and military leaders have long believed that "there is a definite connection between being well-groomed and proper attitudes of alertness, behavior, and morale." Now clothiers agree. So, expect less stress on the "casual" look.

## IN YOUR CHARITY

Please pray for the following. Deceased: Bro. Francis Wilhelm, C.S.C.; James Burns; father of Paul Gerace, '56; Richard Strasser (for many years a faithful employee in Corby Hall; brother the late Rev. J. Hugh O'Donnell, C.S.C.; George Luczny; uncle of Bro. Richard Makley, C.S.C. Ill: Grandmother of Mike Jones of Pangborn; grandmother of Bob Fritsch of Zahm; mother of Mary McCarthy of the Sports Publicity office. Seven special intentions.



There's a touch of the holiday season in the air today. The trees are fast losing their leaves, and the store-rooms at The Bookstore suggest Brother Conan is once more ready to play Santa Claus. And always at the end of the year, someone comes looking for a calendar for the coming new year. So here, in ample time, is a calendar of days of fast and abstinence for the new year. You'll need it when away from campus.

### FAST AND ABSTINENCE GUIDE FOR 1962

	Fast	Abstinence
JAN. All Fridays		COMPLETE
FEB. All Fridays		COMPLETE
MAR. 2—First Friday		COMPLETE
7—Ash Wednesday	FAST	COMPLETE
8—Thursday	FAST	
9—First Friday of Lent	FAST	COMPLETE
10-12-13-15-19-20-21-22-24-26-27-28-29-31—Weekdays in Lent	FAST	
14—Ember Wednesday (Spring)	FAST	PARTIAL
16—Ember Friday	FAST	COMPLETE
17—Ember Saturday	FAST	PARTIAL
APR. 2-3-4-5-7-9-10-11-12-14-16-17-18-19—Weekdays in Lent	FAST	
6-13—Fridays of Lent	FAST	COMPLETE
20—Good Friday	FAST	COMPLETE
21—Holy Saturday	FAST	*SEE BELOW
27—Friday		COMPLETE
MAY All Fridays		COMPLETE
JUNE 1-8—Fridays		COMPLETE
9—Vigil of Pentecost	FAST	PARTIAL
13—Ember Wednesday (Summer)	FAST	PARTIAL

	Fast	Abstinence
15—Ember Friday	FAST	COMPLETE
16—Ember Saturday	FAST	PARTIAL
22-29—Fridays		COMPLETE
JULY All Fridays		COMPLETE
AUG. All Fridays		COMPLETE
SEPT. 7-14—Fridays		COMPLETE
19—Ember Wednesday (Autumn)	FAST	PARTIAL
21—Ember Friday	FAST	COMPLETE
22—Ember Saturday	FAST	PARTIAL
28—Friday		COMPLETE
OCT. All Fridays		COMPLETE
NOV. All Fridays		COMPLETE
DEC. 7—Friday before Immaculate Conception	FAST	COMPLETE
14—Friday		COMPLETE
19—Ember Wednesday (Winter)	FAST	PARTIAL
21—Ember Friday	FAST	COMPLETE
22—Ember Saturday	FAST	PARTIAL
28—Friday		COMPLETE

\* For Holy Saturday consult your local diocesan Lenten regulations

NOTE: Fast and complete abstinence either December 23rd or 24th, day of observance optional to the individual.

### Regulations on Fast and Abstinence

#### F A S T

Everyone over 21 and under 59 years of age is bound to observe the law of fast.

On days of fast only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs; but together they should not equal another full meal.

Meat may be taken at the principal meal on a day of fast except on Fridays, Ash Wednesday, Holy Saturday (consult your local diocesan Lenten regulations), the day before Immaculate Conception and December 23 or 24 (ad lib.).

The days of fast are the weekdays of Lent, Ember Days, the Vigil of Pentecost, the day before Immaculate Conception and December 23 or 24 (ad lib.).

Eating between meals is not permitted; but beverages, including milk and fruit juices, are allowed.

When health or ability to work would be seriously affected, the law does not oblige.

#### ABSTINENCE

Every Catholic person over 7 years of age is bound to observe the law of abstinence.

#### Partial Abstinence

On days of partial abstinence meat and soup or gravy made from meat may be taken only **ONCE** a day at the principal meal. Partial abstinence is to be observed on Ember Wednesdays and Saturdays, and on the Vigil of Pentecost.

#### Complete Abstinence

On days of complete abstinence meat and soup or gravy made from meat may **NOT** be used at all. Complete abstinence is to be observed on Fridays, Ash Wednesday, Holy Saturday (consult your local diocesan Lenten regulations), the day before Immaculate Conception and December 23 or 24 (ad lib.).

#### THE LAW OF THE EUCHARISTIC FAST FOR THE LAITY

THE FAITHFUL must abstain from solid foods and alcoholic beverages for three hours, and from non-alcoholic beverages for one hour, before the time of RECEIVING Holy Communion.

THESE REGULATIONS apply to all Masses, regardless of the time, whether in the morning, afternoon, evening or at midnight. Water does not break the fast.

THOSE WHO ARE SICK, even though not confined to bed, may take non-alcoholic beverages and medicine, in liquid or solid form, at ANY time before Holy Communion without asking permission.

PLEASE NOTE the concluding words of our Holy Father: "We strongly exhort priests and faithful who are able to do so to observe the old and venerable form of the Eucharistic fast before Mass and Holy Communion. All those who will make use of these concessions must compensate for the good received by becoming shining examples of a Christian life and principally with works of penance and charity."