

RELIGIOUS BULLETIN

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Notre Dame, Indiana

LENTEN REGULATIONS

During Lent, Catholics throughout the world are directed by the Church to do penance--to fast or abstain, to increase their prayers, and make additional contributions to charity. As a good mother concerned for the welfare of her children, and mindful of the words of Our Lord: "Unless you do penance, you shall all likewise perish!", the Church seizes upon Lent to urge her children to do the penance that will insure eternal salvation.

During Lent, all Catholics in good health who have reached the age of 21, and have not completed their 59th year, come under the law of the Church which limits eating to one full meal and two lesser meals. Meat is permitted only at the full meal; the two lesser meals must be meatless and together should not equal another full meal. On certain other days, all Catholics who have reached their 7th year are obliged to abstain completely from meat. (See chart on reverse side.)

These regulations, alongwith obligations of prayer and almsgiving, will constitute the program for Lent that you will be expected to follow the rest of your life until you reach age 59. These regulations will bind you through the years, unless you find them injurious to your health or limiting your efficiency at work. You will be expected to be mature enough to decide honestly what you should do in this matter; if you remain in doubt, however, you can always seek counsel from proper sources.

THE NOTRE DAME DISPENSATION

Here at Notre Dame, we have long been dispensed from Lenten fasting and abstinence (except from abstinence on Ash Wednesday, all Fridays, and the Vigil of Easter). This dispensation extends to the faculty, to residents, to visitors, to employees, when they eat on campus (which includes the Morris Inn). For the campus resident, the dispensation is a local one; it may be used only while here on campus. This is required in order that scandal be avoided downtown where other Catholics are required to observe the laws of fast and abstinence. For Off-Campus students, including those living in University Village, the dispensation is a personal one and may be used locally provided no scandal is given. All students, whether they live on or off campus, when taking week-ends or travelling away from the University, are obliged to observe the general regulations on fast and abstinence. (See chart on reverse side.) The dispensation does not accompany them in their travels.

IMPORTANT

No one can exempt you from doing penance. If exempted from fasting and abstinence, you must substitute something else--more prayer, more works of charity. Best suggestion: daily Mass, daily period of Adoration before the Blessed Sacrament, daily acts of self-denial.

The general regulations governing fast and abstinence, which regulations bind you on week-ends and when at home, are given here that you might have no uncertainty about what your obligations are when elsewhere, and later, following graduation.

		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—Week-days 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.

A B S T I N E N C E

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."

IN YOUR CHARITY

Please pray for the following. Deceased: Joe Connelly; the victims of the air disaster yesterday in New York.

Ill: Brother of John Roberg of Sorin; mother of Del Singleton of the Ave Maria staff; Dr. Sherman Egan; Ray Brown; Inez Harmer; friend of John Torte of Zahm; Eddie Mahon of the Chemistry Dept.; Three Special Intentions.