

# RELIGIOUS BULLETIN

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Notre Dame, Ind.

## A Few Thoughts Before Lent

In recent years there has been a tendency to relax in varying degrees the laws of Fast and Abstinence during Lent. This has been done mainly in view of the increased pressures and tensions of modern life which, we are told, make greater demands upon physical strength and nervous energy.

We are not to conclude, however, that we have less need of doing penance for our sins, less need of using the ordinary means of sanctifying ourselves and, hopefully, the society in which we live. The accent is now on the positive elements in our Lenten observance, such as more frequent participation in Holy Mass, reception of the Sacraments, attendance at special devotions, more time and energy given to good works. Certainly all these require a spirit of sacrifice which has penitential value and supernatural merit if rightly motivated.

But there are forms of self-denial which still have their place in our Lenten program. The voluntary practice of giving up certain legitimate pleasures and self-indulgences may be regarded by some as childish. It is anything but that. It is an exercise in self-discipline that becomes increasingly necessary for Christian living in today's world. It seems that many children are growing up under the illusion that they must have everything they want. This is the really childish philosophy that offers no preparation for adult life, for responsibilities that can be met only by mature character, a capacity for making moral decisions which quite often demand a great deal of self-restraint and unselfish regard for other people. If we cannot pass little self-imposed tests of putting God ahead of our appetites, we are in for a lot of trouble later on.

The special course of Lenten sermons this year will deal with some of the Attributes of God in relation to our life in this world. There is no point in deploring the materialism, secularism, hedonism, nihilism, skepticism, cynicism of our time. These are symptoms of a more fundamental and fatal sickness, the sickness of a world which, consciously or unconsciously, is trying to get along without God. The vacuum thus created in human life cannot be filled by denouncing the things that caused it. It can be filled only by what is lacking—God. When Holy Scripture tells us that "all men are vain in whom there is not the knowledge of God", it is well to remember that the root meaning of "vain" is EMPTY.

As for ourselves, although we do know God, there are still many empty places in our lives which only He can fill. We hope to spend eternity with Him. We can well afford to spend some time getting to know Him better—before we have our formal introduction on the day of judgment. Let us pray together and for each other that another season of Lent, faithfully followed, will find us closer to God on Easter Sunday.

+ Leo A. Pursley

Bishop of Fort Wayne-South Bend

**Evening Devotions** The turnout for sermon and Benediction of the Blessed Sacrament last evening was disappointing. Surely, the sparse attendance can't be a measure of the spiritual vigor of the campus. There must have been many legitimate excuses. Tonight and tomorrow night you can make up for the poor showing. Tonight Father McDowell will preach again, and Tuesday night the closing ceremony will consist of Procession, Litany of the Saints, and Benediction of the Blessed Sacrament. Place: Sacred Heart Church. Time: 6:45.

**Daily Adoration** A reminder also of daily exposition of the Blessed Sacrament between 8:00 a.m. and 6:45 p.m. You should find at least one half hour in three days to devote to adoration of the Living Christ. The morning hours, 8:00 to 9:30, will require sacrifice on the part of some generous souls. Adorers are needed for those hours especially.

**Daily Masses** The 11:30 and 5:10 Masses will be said on schedule in the church during Forty Hours Exposition.

**Wednesday** Wednesday -- Ash Wednesday -- is a day of fast and abstinence. Those between 21 and 59 must fast. The Notre Dame dispensation does not apply.

**Ashes** Ashes will be distributed on Wednesday after all Masses in the hall chapels and in Sacred Heart Church.

**THE GENERAL REGULATIONS** governing fast and abstinence are given below so that you might have no uncertainty about what your obligations are when you are away from the campus or later after you have graduated.

	Fast	Abstinence
JAN. All Fridays		COMPLETE
FEB. All Fridays		COMPLETE
27--Ash Wednesday	FAST	COMPLETE
28--Weekday in Lent	FAST	
MAR. 1--First Friday in Lent	FAST	COMPLETE
2-4-5-7-11-12-13-14-16-18-19-20-21-23-25-26-27-28-30--Weekdays in Lent	FAST	
6--Ember Wednesday (Spring)	FAST	PARTIAL
8--Ember Friday	FAST	COMPLETE
9--Ember Saturday	FAST	PARTIAL
15-22-29--Fridays in Lent	FAST	COMPLETE
APR. 1-2-3-4-6-8-9-10-11--Weekdays in Lent	FAST	
5--Friday in Lent	FAST	COMPLETE
12--Good Friday	FAST	COMPLETE
13--Holy Saturday	*	*SEE BELOW
19-26--Fridays		COMPLETE
MAY All Fridays		COMPLETE
JUNE 1--Vigil of Pentecost	FAST	PARTIAL
5--Ember Wednesday (Summer)	FAST	PARTIAL

	Fast	Abstinence
7--Ember Friday	FAST	COMPLETE
8--Ember Saturday	FAST	PARTIAL
14-21-28--Fridays		COMPLETE
JULY All Fridays		COMPLETE
AUG. All Fridays		COMPLETE
SEPT. 6-13--Fridays		COMPLETE
18--Ember Wednesday (Autumn)	FAST	PARTIAL
20--Ember Friday	FAST	COMPLETE
21--Ember Saturday	FAST	PARTIAL
27--Friday		COMPLETE
OCT. All Fridays		COMPLETE
NOV. 8-15-22-29--Fridays		COMPLETE
DEC. 6--Friday		COMPLETE
7--Day before Immaculate Conception	FAST	COMPLETE
13--Friday		COMPLETE
18--Ember Wednesday (Winter)	FAST	PARTIAL
20--Ember Friday	FAST	COMPLETE
21--Ember Saturday	FAST	PARTIAL
23 or 24--Before Christmas	FAST	COMPLETE
27--Friday		COMPLETE

\* For Holy Saturday consult your local diocesan Lenten regulations

### Regulations on Fast and Abstinence

#### FAST

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."

#### In Your Charity

Please pray for the following. **Deceased:** Charles Kessler; Leon Medina, benefactor of the Art Gallery; Joseph R. Burton, '34; father of William A. Durkin, Jr., '49; Frederick W. Longan, here '97; John J. Gilrane, '40; father of Ronald W. Koper, '58; Howard C. Fischer, '33; father of Edward H. Ball, Jr., '45; William F. Lawless, '21; John J. Donahue, '29; father of John C. Krueger, '49; wife of Christian Risser, '40; father of Robert L. Kessing, Jr., '49. **Ill:** sister of Dan Gulling of Stanford; father of Father Michael Gavin, C.S.C., rector of Pangborn; uncle of Joe Frank of Breen-Phillips.