

RELIGIOUS BULLETIN

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Wednesday, February 27, 1963

Notre Dame, Ind.

THE NOTRE DAME DISPENSATION

The Bishop of Fort Wayne-South Bend grants to Notre Dame a dispensation from the general law of fasting and abstinence.

Limitations: This dispensation extends to all days of the year except Ash Wednesday, Good Friday, Holy Saturday, and the Vigil of Christmas. Abstinence must be kept on Fridays.

To whom it applies: It applies to all students, faculty members, employees, Religious assigned to the University or to a Religious House, visitors, when they eat on campus (which includes the Morris Inn). For the campus resident, or visitor, the dispensation is strictly local. It may be used only 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. This dispensation has been extended to students living off-campus, provided no scandal is given.

Conditions: In granting the dispensation, the Bishop laid down these conditions: "that those who avail themselves of it will substitute other forms of penitential works, such as attendance at public Lenten devotions, or week-day Mass, and the practice of voluntary self-denial of some sort, such as abstention from alcoholic beverages or too worldly amusements." The letter which extends the dispensation to off-campus students says: "provided that they will substitute attendance at Mass and Lenten devotions during Lent."

Daily Adoration

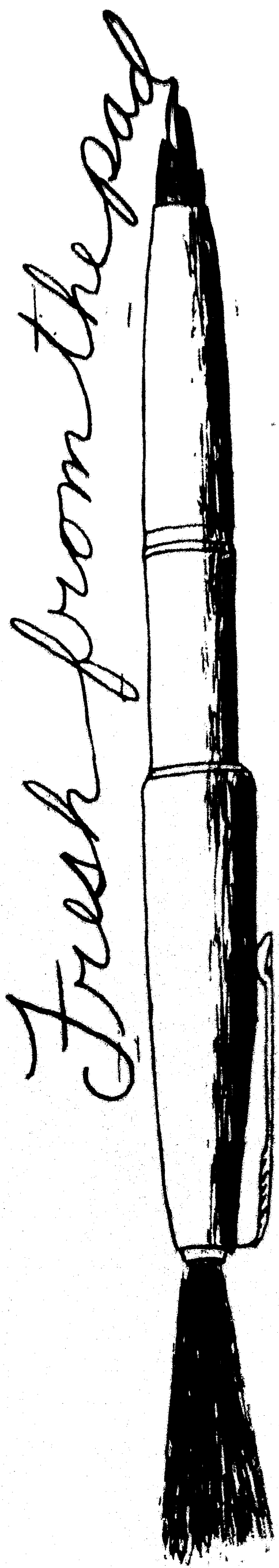
For many years Exposition of the Blessed Sacrament on the altar of the Lady Chapel daily (Monday through Friday) has been a Lenten custom. In former years students were asked to sign up for half hour periods of adoration -- several half hours during Lent, a half hour a week, a half hour several times a week, a half hour daily, depending upon the amount of time available and their generosity. At a later time, certain days were assigned to individual halls. This year we are going to leave the adoration to chance, unless after a few days it becomes evident that only the Sisters, priests, and Brothers are availing themselves of the privilege without a little urging. At all times there should be at least one student in cassock and surplice in adoration before the Blessed Sacrament. A half hour of adoration each week could fulfill the condition of assisting at Lenten devotions suggested as a substitute for fast and abstinence. Each day, beginning today, adoration begins at noon and concludes with Benediction at 4:45.

First Friday

Just a reminder that March 1 is the First Friday. Those who did not start Lent with Mass and Communion should use the First Friday as the added incentive to make the most of Lent.

In Your Charity

Please pray for the following. Deceased: Joe Boland, (third anniversary yesterday), former Notre Dame tackle and line coach, and later "voice of Notre Dame" on radio and TV sports.



The ashes you receive on Ash Wednesday, no longer ago than last Palm Sunday, were green, moist, and supple palm branches. The once clean-smelling, sinewy stalks have become nothing but black flakes of dust blowing from your forehead.

Today you are strong, agile, quick, healthy, muscular, and even "handsome". You're young. But soon, very soon, you'll be part of the soil you so firmly walk on today. Your fresh skin, your hard teeth, your limber muscles, your keen eyes, and your solid bones will be dust. No matter how well-made the coffin --- this is your inescapable fate.

In terms of the absolute -- What value is it to flatter my daily decaying body?

In terms of the eternal -- What value is it to allow my bodily desires to determine all my activity?

In terms of the ultimate -- What value is it to pamper my every sensual whim?

In terms of the infinite -- What value is it to cater to the insatiable demands of my instincts?

Why Lent?

Why Ashes?

Why Fasting?

Why Self-denial?

1. You have a "Tiger In Your Tank" that will tear you to pieces unless you have learned some self-control. Contrary to the prevalent feeling, there's no other way --- your passions have to be disciplined.
2. You have your own personal sins and the sins of the world to make reparation for.
3. Most important of all -- you must bring to actuality in your daily life the mystery of your Baptism. In your life you must make a reality the paradox of Christianity: "Unless the grain of seed falling into the ground die it remains alone"; "He that shall loose his life shall find it". The life of a Christian must be the daily plunging into death (of self), and the emerging into a new life (the life of Christ).

You, you personally, must confront Lent. Lent isn't giving-up. It isn't negative. It isn't the stoic hurting of self. It is giving of self.

Do you want to give now while you still can, or do you feel you'll get a lot of spiritual mileage out of that cup of ashes that one day will be your instrument of love?

"Remember man that you are dust
and to dust you shall return."

