

AN IRISH BLESSING

MAY THE BLESSING OF LIGHT BE WITH YOU--
LIGHT OUTSIDE AND LIGHT WITHIN.
AMEN.

MAY SUNLIGHT SHINE UPON YOU AND WARM
YOUR HEART 'TIL IT GLOWS LIKE A
GREAT PEAT FIRE, SO THAT THE
STRANGER MAY COME AND WARM HIMSELF
BY IT. AMEN.

MAY A BLESSED LIGHT SHINE OUT OF YOUR
TWO EYES LIKE A CANDLE SET IN TWO
WINDOWS OF A HOUSE, BIDDING THE
WANDERERS TO COME IN OUT OF THE
STORM. AMEN.

MAY YOU EVER GIVE A KINDLY GREETING TO
THOSE WHOM YOU PASS AS YOU GO
ALONG THE ROADS. AMEN.

MAY THE BLESSING OF RAIN--THE SWEET,
SOFT RAIN--FALL UPON YOU SO THAT
LITTLE FLOWERS MAY SPRING UP TO
SHED THEIR SWEETNESS IN THE AIR.
AMEN.

MAY THE BLESSINGS OF THE EARTH--
THE GOOD, RICH EARTH--BE WITH YOU.
AMEN.

MAY THE EARTH BE SOFT WHEN YOU REST
UPON IT, TIRED AT THE END OF THE
DAY. AMEN.

MAY THE EARTH REST EASY OVER YOU WHEN,
AT THE LAST, YOU LIE UNDER IT.
AMEN.

AND, UNTIL WE MEET AGAIN, MAY GOD HOLD
YOU IN THE PALM OF HIS HAND.
AMEN.



*Congratulations
Joe Ross on your
CSC Covenant++*

Sam and Vivian Ross
and the Congregation of Holy Cross
joyfully announce the final vows
of our son and brother

Joseph Ross, C.S.C.



LENTEN REFLECTION EVENING

"IN SEARCH OF NEW LIFE"

- LET GO OF ANXIETY
- RELAX IN THE QUIET OF YOUR HEARTS
- CENTER YOURSELF IN PRAYER



*Remember man
that you are
dust and into
dust you shall
return.*



CAMPUS MINISTRY
SAINT MARY'S COLLEGE

MONDAY, FEBRUARY 27, 1989
6:00 - 7:00 P.M.

TUESDAY, MARCH 14, 1989
6:00 - 7:00 P.M.

MARY'S SOLITUDE *

ALL ARE WELCOME

* LOCATED BEHIND REGINA HALL
AND LEFT OF THE CEMETERY



OFFICE OF
CAMPUS
MINISTRY

University of Notre Dame
Notre Dame, IN 46556

Library Concourse 219-239 6536
Boon Hall 219-239-5242



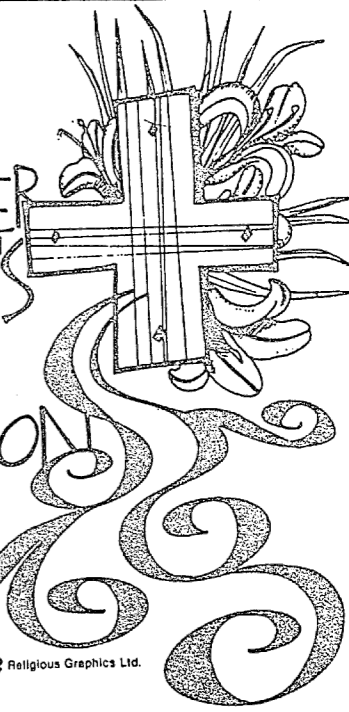
Notre Dame Religious

Fifth Sunday
of Lent
March 12, 1989

Bulletin

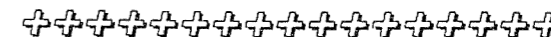
Those that sow in tears,
shall reap rejoicing!

SEEK
THE POWER
OF CHRIST'S
DEATH
and
RESURRECTION



Religious Graphics Ltd.

Lenten Week # 5
Improve your
Spiritual Life
by shaping up your
physical and mental
health!



Healthy mind and body

enables one to choose a

healthy spirit or soul

CREATE FOR
ME O LORD
A CLEAN HEART

Good Sleep -Alert Person!

Dr. James Moriarity, M.D.

University Physician

"Oh, Morpheus, come save me and let me slumber in thine arms," or so goes the plea of the ancient kings hoping to escape the trials of the waking world. Sleep, a process so central to our being that the Hellenic world named and worshipped a god to secure it's favor. Sleep, a powerful force possessing healing and restorative abilities, and so prescribed by medical practitioners universally. Sleep, a psychoanalytic tool, that takes us on journeys into our minds to forbidden and hidden regions inaccessible during our waking moments. Sleep, a fundamental requirement of our body, that without which we cannot sustain our human organism.

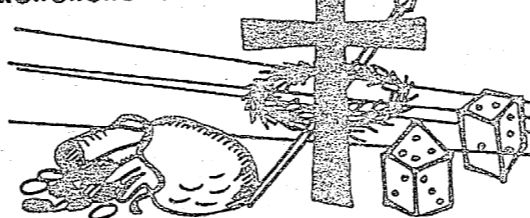
None of us ever gets a perfect amount of sleep. The image of arising in the morning rested, relaxed and rarin' to go, is just that - an image. In reality, most of us would prefer to roll back over for "just a little more" in hopes that some prankster diddled with our clock while we were blissfully dreaming the night away. Or, in college fashion, we arise groggily and unfulfilled after a 14 hour weekend sleep marathon, feeling worse than before we slumbered

The truth is this: that every person has an optimal amount of time he should sleep each night; that this time may vary from 6-10 hours with a mean of 8 hours; that too much sleep can be as detrimental as too little sleep; that sleep must be continuous and not broken up to be beneficial; that we respond best to sleep taken at the same time each night and waking at the same time each morning; that stress, illness, drugs and anxiety can all adversely affect sleeping patterns; that sleepiness and fatigue are two different entities; that exercise on a regular basis benefits sleeping patterns; that lack of sleep, especially "all-nighters" is the WORST preparation

POSSIBLE for taking an examination.

What can we do when sleep eludes us? Here are a few hints that may help.

- (1) Eliminate drugs that may interfere with sleep. No caffeine after 4 p.m., no decongestants.
- (2) Avoid afternoon or early evening naps.
- (3) If possible, don't study in the same room you sleep in.
- (4) Do not attempt to sleep immediately after studying. Allow time for your mind to "decompress."
- (5) Do keep your room temperature cool.
- (6) Do save your most enjoyable work for later in the evening, and do your most difficult tasks early in the evening.
- (7) INSIST that quiet hours be strictly enforced in your dormitory. You have that right!



WHAT'S THE FUTURE OF THIS RELATIONSHIP?

A workshop for couples in a serious relationship who want to explore choices and decisions for the future including the possibility of marriage.

TOPICS TO BE PRESENTED:

- Stages of relationships
- Expectations for the future
- Steps in making healthy decisions

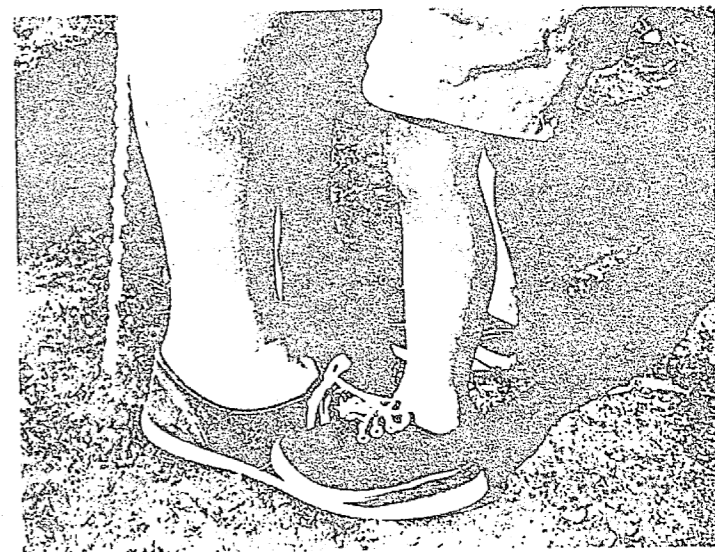
COMMENTS FROM LAST TIME:

- "an excellent opportunity to examine our relationship in a comprehensive way"
- "a good balance of time together, lecture and take-home materials"
- "It was nice to be able to have time set aside to really sit down and discuss issues!"
- "I was glad I traveled 4hrs. to be here with my partner."

PRE-REGISTRATION IS REQUIRED.

Applications can be picked up at either Campus Ministry Office: Badin Hall or Library Concourse. Applications are due by Wednesday, March 29th.

Dance With Me, Lord



SATURDAY, APRIL 1ST
12:30 - 5 PM

