What's holding back the upperclassmen who have not been to the University of Notre Dame Sacraments since Christmas? Certainly not the Holy Spirit! Confession tonight.

Sign Up For Lenten Adoration.

Tonight or tomorrow night a student will stop at your room with the Adoration Lists. No student is so busy that he cannot take at least one half-hour period each week. Write down legibly behind the hour or hours you wish, your name and room number. Those who sign up are the official adorers before the Blessed Sacrament. They are to vest in cassock and surplice. They should feel it an honor to adore in the sanctuary.

Freshmen!

Wake up to what Adoration is. The Blessed Sacrament is exposed in the church from 7:30 in the morning until 5:00 every evening except Saturday when Benediction closes the Adoration for the day at 11:00. This is an opportunity to show special love and devotion towards Our Blessed Lord. You get special graces from Our Lord in virtue of these visits. You may volunteer to take as many half-hour periods as you wish. There are students who make a half-hour of prayer every day, and they find time for it even with a heavy schedule. Few of you made adoration during First Friday Exposition. Wake up to your privilege.

Freshmen!

Give A Helping Hand.

This is a call for student volunteers to give about two hours a week to the work of mailing out the SCHOLASTIC to Notre Dame men in the armed forces. Each issue of the SCHOLASTIC is mailed to the Service Clubs which are serving camps and air bases where N.D. men are stationed.

The Student Commission is in charge of this charitable work. Every N.D. service man appreciates the SCHOLASTIC; it brings them back to N.D. in spirit and keeps them informed. A new staff of men is needed to fill the places of the old reliable who have recently been drafted. SEE JACK TERRY AT 10 MAIN BLDG., OR IN HIS ROOM IN CAVANAUGH. EVERY SCHOLASTIC mailed is an act of charity.

PRAYERS: (Ill)Msgr. Hackett of Kalamazoo, a very close friend of Notre Dame, is in need of your constant prayers.