THE 5:10 MASS
At the 5:10 Mass each week-day afternoon during Lent, a short homily on the Mass of the day will be given by Fr. Joseph Barry, C.S.C. The Lenten Masses are a daily reminder to us that we are to stir up the Christ-life that is in us. This is by way of preparing to renew our Baptismal vows on Holy Saturday.

ASHES
Ashes will be distributed this evening at the 5:10 Mass and again in Dillon Chapel at 7:00, 7:30, and 8:00 P.M.

EXPOSITION
Every Lent, here at Notre Dame, we have the privilege of daily exposition of the Blessed Sacrament. From Noon until Benediction at 4:45 the Blessed Sacrament is exposed in the Lady Chapel of Sacred Heart Church. When you're passing the church in the afternoon, stop in and make a visit. And pick one day a week to make a longer period of Adoration. To guarantee a distribution of students in the Lady Chapel all the while the Blessed Sacrament is on exposition, each Hall is asked to have representatives there on an assigned day. If you can't make it on the assigned day, pick one that is convenient. Just be sure you don't pass up the opportunity. Tomorrow is the day assigned to Morrissey, Breen-Phillips, and St Edward's. On Friday, residents of Farley, Zahm, and Cavanaugh are asked to keep watch in the Lady Chapel. Benediction daily at 4:45.

RETREATS
Week-end Retreats at St Joseph Hall have been scheduled for the upcoming week-end and the week-end of February 24th. Sign up for this at 116 Dillon. Retreats begin at 7:00 P.M. on Friday evening and end on Sunday afternoon. The tab for the week-end is $5.

BENGAL BOUTS
Tickets for the 30th Annual Bengal Mission Bouts will go on sale tomorrow night in all the halls. The Bouts, sponsored annually by the campus council of the Knights of Columbus, will get under way on the evening of March 13. Semi-final bouts are scheduled for March 15. The Campus Champions will be crowned on St Patrick's Night. Directed by "Nappy" Napolitano, proceeds from the Bouts will aid the Holy Cross Missions in Bengal and other parts of the world. You'll be giving up movies during Lent, many of you. The money you save on this can be donated to the Missions through the purchase of a Bengal Bouts ticket.

JUNIORS
Tickets for the Junior Class "Breakfast with Moose" at the Morris Inn, following the 9:00 o'clock Mass on Sunday, will be sold this evening between 5:30 and 6:30 in the Junior Halls.

IN YOUR CHARITY
Please pray for the following. Deceased: Edward McAvoy, Jr.; D. Edward Chaplin, '23; grandaunt of J. Drew Kennedy of Howard; cousin of Mrs. Owen of the History Dept. staff. Ill: Uncle of Brad Terrence of Dillon; grandmother of Carl Adler of Fisher; friend of John Rynell of Stanford; mother of Helen Nowak of the Library staff; Mrs. Rita Mack. Three special intentions.
OUR LENTEN DISPENSATION

Through a long-standing dispensation here at Notre Dame, students, faculty, employees, and visitors are dispensed from the general law of fast and abstinence. It applies to the above-mentioned when they eat meals on campus. So, the dispensation is a local dispensation. It is restricted to the place—and does not hold good when meals are eaten elsewhere by campus residents. Vetville, by the way, is considered part of the campus.

The dispensation extends to all days of the year except: Ash Wednesday, Good Friday, Holy Saturday, and the day observed as the Vigil of Christmas. Of course, there is no dispensation from Friday abstinence.

Because there are approximately a thousand students living off campus, they enjoy the same dispensation as those who live at Notre Dame. This is a special dispensation, applicable to students only.

Campus residents over 21 years of age who go elsewhere on week-ends, must, while away, abide by the general law of fast and abstinence that prevails in the place they are visiting. Your host or your parents will inform you of the general law of the place.

The wives of married students, and their children over 7 years of age, enjoy the same privilege as students.

ABOUT EATING IN SOUTH BEND

Campus residents over 21 years of age, when they take a meal in South Bend, are not able to use the dispensation they enjoy on campus. Remember the dispensation is local. However, there is general permission in the diocese to eat meat once a day at the principal meal, and it is permissible to use that permission at the meal taken in South Bend or elsewhere. Having a snack at the Philadelphia or elsewhere would not be interpreted by many as one's principal meal. Hence, for someone over 21 to have a hamburger downtown would risk giving scandal to residents of the city. And the dispensation is granted with the stipulation that we make every effort to avoid giving scandal.

NOTE WELL!

The dispensation is for those who apply themselves seriously to their studies or other work. And some other penance must be substituted in place of fast and abstinence.