The Catholic Journal.

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RULES FOR LENT

The Holy season of Lent begins this year on the 18th of February.

The obligation of fasting and abstinence ends at noon on Holy Saturday.

All the weekdays of Lent are days of fasting on one meal, with a moderate collation in the evening. The practise of taking a small piece of bread with a cup of tea, coffee, chocolate, or the like, in the morning is permitted. It is also permissible to invert the order of meals by taking the collation at noon, and the principal meal in the evening.

The use of flesh meat is allowed without restriction on Sundays, and once on Mondays, Tuesdays, Thursdays, and, as by special indult granted by the Sacred Congregation of the Council, January 14, 1919, for two years to the bishops of the United States the law of abstinence was transferred from the Saturdays of Lent to Wednesdays in Lent except in the case of Saturday in Ember Week, it is allowed also once on Saturdays, except the Saturday of Ember Week.

Eggs, milk, butter and cheese are allowed at the principal meal and at the collation. Lard and drippings may be used in preparing food.

Flesh meat and fish may be taken at the same meal on days when the use of flesh meat is allowed.

The law of fasting binds from the completion of the twenty-first year to the completion of the fifty-ninth, but the law of abstinence is binding after a person becomes seven years of age. The following are not bound by the obligation of fasting: The sick, nursing women, those who are obliged to do hard labor, and all who through weakness cannot fast without prejudice to their health.

By virtue of a special indult given March 15, 1895, by the Holy See to the United States for ten years, and renewed June 3, 1915, in favor of the workingmen of this country who find it difficult to observe the general law of abstinence, the use of flesh meat is granted on all days of the year, both to them and to all the members of their family, except on all Fridays of the year, Ash Wednesday, Holy Week and the eve of Christmas; this is a dispensation from the obligation of abstinence, but not of fasting. (This extraordinary dispensation is given solely to the working classes, and does not extend to the liberal professions). Those who avail themselves of this indult are counseled to perform some penitential work, as, for example, abstinence from amusements or recitation of additional prayers.

We hereby exhort all who for any reason are excused or dispensed from fasting or abstinence that they should practice mortification in eating and drinking according to their ability, attendance at the Lenten devotions and almsgiving to the poor.

Pastors and resident assistants have the power of dispensing from the general law of fast and abstinence combined, but only in individual cases of persons or families and for a just cause. This power may be used in favor of their own parishioners, even when outside the parish and in favor of transients within the parish limits.

In churches where there is a resident pastor, there will be a sermon and Benediction of the Blessed Sacrament on every Wednesday evening, and the devotion of the Stations of the Cross on Friday evenings.

Pastors in charge of two churches will give one sermon in each church during the week.

Prayer and the spirit of penance should accompany penitential works. Endeavor, therefore, to excite your parishioners to observe this holy season according to the intention of the church, and place every facility in their way for receiving the sacraments of Penance and the Eucharist.

By reason of a long existing indult granted to the bishops of the United States the precept of Paschal Communion may be fulfilled on any day between the first Sunday of Lent and Trinity Sunday, inclusive.

Very sincerely in Christ,

THOMAS,

Bishop of Rochester.

Rochester, N. Y., January 26, 1920

National Service Scoool For Women

Will Open Its Next Term March 15.

The National Service School for Women, under the auspices of the National Catholic War Council, has attracted nation-wide interest among earnest young women anxious to take a useful part in the "after the war" reconstruction work of the Catholic Church. The school opens its next term of six months on March 15 at Washington, D. C.

Located at Georgetown Heights on a commanding hill overlooking the city of Washington, and in the center of a wooded part, the site of "Clifton" is unsurpassed for beauty of scenery. The house, almost palatial in size, is equipped with every necessary convenience including shower baths. For the convenience of students preferring to sleep out of doors, a group of tents has been staked beyond the house.

This unique school is the first national institution of its kind and marks the recognition of the increasing power and responsibility of Catholic womanhood. It owes its inception to the Rev. John J. Burke, C. S. P., Editor of the "Catholic World", who during the recent war performed such splendid services for church and country that he was presented with the Distinguished Service Medal by Secretary Baker.

Opened in November, 1918, the National Service School already boasts 250 graduates, all of whom with a few exceptions are now holding responsible positions under the National Catholic War Council. 125 members of this group are actively engaged in overseas work, while the remaining number are scattered through out the United States at various social centers which include girls' clubs, recreational work, medical social service, industrial welfare in factory and store and general community work. It is interesting to note here that the latest development of community work by the N.C. W.C. is the proposed handsome new community house in Panama for the use of soldiers and sailors in the Canal Zone.

The demand for Catholic social workers being so great, the rate of a six months' course at the National Service School has been placed very low so as to come within the means of all desiring to enter this field of reconstruction work. The charge for each quarter is but $75.00, in other words $12.50 per week (the cost only of board and lodging) is the total weekly expense of a "Clifton" student. The complete course given under the direction of the greatest Catholic and national instructors in social reconstruction—professors from the Catholic University, prominent Government officials and foremost women social workers—is therefore practically free.

The curriculum covers the general principles of social service; aims and problems in reconstruction; practical interpretation of the new social outlook resulting from the war insofar as it effects social service; aims and organization of related governmental and social agencies; special course in family and child welfare; care of dependents of soldiers and sailors; women in industry; typical agencies for social work; classes in Americanization, Sociology, Psychology and First Aid.

The field work of the National Service School is carried on in connection with the Providence Hospital, the Juvenile Court, the Board of Children's Guardians, the Home Service Section of the American Red Cross, and other social agencies of the District of Columbia.

Catholic young women wishing to enter the Service School should at once make application to the Dean, Miss Maud R. Cavanaugh, "Clifton" 3100 W Street, N. W., Washington, D. C.

Proof Positive.

The Socialist trial is developing some peculiar slants and one, in particular, which bid fair at first to give us a deal of trouble as Catholics. Evidence was introduced, chiefly by Peter W. Collins, who is well known as a labor leader and a lecturer before Knights of Columbus councils against Socialism, as an economic proposition and also as a positive anti-religious force in the body politic.

Immediately, there arose a smoke screen of insinuation that the Catholic Church in endeavoring to combat Socialism was reaching out to control the politics of New York state and the Nation. These people could not conceive how the Catholic Church could frown upon Socialism, as such, and yet not approve the way the Assembly was acting toward the duly elected representatives of constituencies which might be said to oppose the present administration of government.

And that differentiation is substantiatedly the letter of Professor Ryan of St. Paul and the Catholic University in which he says he is as heartily opposed to Socialism, root and branch, as he ever was but he views with alarm the summary unseating of Socialist Assemblymen, as such, because it might serve as a precedent for a similar proceeding by, say a Tom Watson bigoted Legislature in Georgia, for the unseating and expulsion of Catholic legislators should such happen to be elected in that benighted state.

There you have proof positive that individual Catholics, each equally staunch in his loyalty to Mother Church, may differ materially and sharply when it comes to his course of action in American politics. And this will be ever so.

In many towns of the West and Northwest new churches and school buildings are in course of erection.

It is computed that the late war of destruction cost one hundred and seventy-five billion dollars. And all this in four years.

Mother Mary, foundress of the Dominican Sisters of the Sick Poor, has as her mission the building of a free hospital for the sick poor, regardless of creed, color or race.

IRISH NEWS IN BRIEF

CONNAUGHT

Rev. P. Forde, PP., Leename, has been appointed PP., Headford vice the late Rt. Rev. Monsignor Barrett.

The Shannon floods have been on an extensive scale in Carrick and district. All the lands bordering the river are inundated, some to a depth of several feet, and flocks of sea birds are holding high revel in these new lakes. Many roads are also flooded.

Judge Brown, presented with white gloves at Manorhamilton Quarter Sessions, said that division of the county had furnished such tokens three times out of four, and he was informed that South Leitrim was equally peaceable.

G. W. F. Blake-Kelly, Dundermott, Ballymoe, Castlerea, has been appointed high sheriff for County Roscommon.

Galway L. W. A. O. H. passed a resolution calling on Galway traders to follow the example of Tuam traders by ceasing to trade with Northeast Ulster. Not a single order was received by Northeast travelers on their last visit to Clifden, where orders to the value £5000 per month were usual.

LEINSTER

The death has occurred of Very Rev. R. O'Gorman, O.S.A., Cork.

The death has occurred, at 102 years of Mr. John Power, an unmarried farmer, at Knockstown, Enniscorthy.

No actual steps have yet been taken to enforce the order closing the Sinn Fein Bank, 9 Harcourt Street, Dublin. Mr. R. Kelly, manager, declares that if the premises are closed it will be forcibly, as the bank pays income tax and does a bona fide business.

Deep regret is expressed in Irish language circles in Waterford and South Kilkenny at the death of Mr. R. O'Carroll principal, Sandymount National School. He was a recognized authority on Irish pipe music.

Miss Alice Cody, daughter of Mr. W. Cody, Carnas, Cashel, has been received into the Little Company of Mary at Limerick, her name in religion being Sister M. Alberta. She has two sisters in the Presentation Order.

The ban on the 'Southern Star' Skibbereen, which has been suppressed for the third time, has been conditionally removed, and arrangements are being made for the republication of the paper.

MUNSTER

Miss Mollie Nooney, who was educated at Ardmoyle, N. S., and Presentation Convent, Cashel, has has passed brilliantly the open competitive examination for women clerkships in Civil Service.

Plan Irish Bond Drive For March 1st to 17th.

The Rochester Committee of the American Commission on Irish Independence, which will have charge of the drive for the sale of bond certificates of the Irish republic in this city, from March 1st, to 17th, has established headquarters in room 152 Powers Hotel. The headquarters will be open every day and evening until the close of the drive.

A meeting of representatives from all the city wards was held in the headquarters Wednesday evening.

The Archbishop of Cincinnati is establishing a diocesan missionary board.

Reception To Ireland's President.

A mass meeting will be held at Convention Hall on Sunday night, February 22nd at which Eamon deValera, president of the Republic of Ireland, will deliver an address on "Self Determination for Ireland.

EAMON DE VALERA

Governor of states and mayors of cities have welcomed him in many places on his tour. He is a striking type of speaker, forceful, magnetic, with remarkable flow of diction and resourceful in debate. It is said of him that he memorizes statistics amazingly and quotes them volubly.

Three hundred of Rochester's prominent business and professional men are on the reception committee.

At a meeting of the Friends of Irish Freedom held in the Cox building Thursday evening plans were completed for the organizations part in the reception to Eamon DeValera.

Gerald McLoughlin, of New York, organizer for the American Commission on Irish Independence, who is here to assist the Rochester committee in the coming drive for funds for the Irish Republic's bond issue, outlined the plans as agreed upon for this city.

Rochester is to be divided into twenty-four wards, each ward to have a chief who will supervise the work of captains and teams. It is proposed to make a house-to-house canvass. Rochester's quota in the $10,000,000 drive has not yet been determined by the American Commission, but Mr. McLoughlin said it might be $100,000.

ST. JOSEPH

Many favors have been granted to the devout clients of this good patron, through the intercession of the Sisters of St. Joseph, who during the entire month of March, willingly offer their prayers and good works for such as may seek their aid.

Send your petitions to

The Sisters of St. Joseph,
Nazareth, P. O., Kalamazoo Co., Michigan.

His Holiness the Pope has greatly approved of the pastoral letter of the French Bishops to their diocesans.

The Catholic lawyers of the Archiepiscopal city of Guadalajara, Mexico, splendidly honored their Patroness, Our Lady of Loretto. They celebrate her feast every year, attending Solemn Mass in a body.

Twelve [illegible]

Hon. Daniel [illegible] of the Supreme [illegible] advocate of [illegible] and he has a [illegible] alone among the [illegible] descended Ame[illegible] even if President [illegible] to receive him as a [illegible] the Irish committee [illegible] sailed for the Versailles conference. In a recent [illegible] Justice Cohalan [illegible] George's comparison [illegible] situation to the attitude [illegible] sion of the South in [illegible] cession, by the way, [illegible] England tried her [illegible] secession an accomplished [illegible] as follows:

"Lloyd George a few [illegible] speaking for the [illegible] which he represents, [illegible] that the secession of Ireland [illegible] the Empire would be [illegible] with the same vigor and determination with which they opposed secession of the [illegible] states. This is [illegible] clever mental [illegible] who has been [illegible] artful dodger [illegible] There is [illegible] between the [illegible] states were [illegible] the beginning [illegible] the United States [illegible] sentatives took [illegible] establishment of the [illegible] and helped to [illegible] stitution [illegible] tutions [illegible] When [illegible] the Irish [illegible] crisis, very [illegible] not permitted [illegible]

"The [illegible] voluntarily [illegible] Empire. When [illegible] went into [illegible] it did so as the [illegible] Gladstone, the great [illegible] eral Premier, [illegible] the worst piece of [illegible] jobbery in all the [illegible] tory. It was brought about [illegible] the direction of Pitt, by [illegible] of the infamous Lord [illegible] who, as Byron said:

"'Having put his [illegible] throat, fittingly cut his [illegible]

"The Parliament which [illegible] rupted and which was [illegible] only to administer [illegible] the country, was not [illegible] resentatives of only [illegible] of the people of [illegible] no power to delegate [illegible] to anybody, much [illegible] the liberties of the [illegible] vote itself out of existence."

San Antonio, Texas [illegible] of about 160,000 [illegible] priests and 175 [illegible] recently a Seminary [illegible] paign took place in [illegible] paign resulted in about [illegible] The city parishes and [illegible] tributed $67,450, or [illegible] above the amount [illegible]

The Servants of [illegible] John Tobin and [illegible] Dowdall, of the [illegible] in Ireland, and killed [illegible] in Ireland, are now [illegible] SS. Congregation, [illegible] tion.

The Holy Father [illegible] pied with [illegible] affecting the [illegible] lous countries in [illegible] These matters [illegible] results, recommendations [illegible]

Six monks are [illegible] famous monastery [illegible] of Buckfast, in [illegible]

The [illegible]