

# Fast, Abstinence Regulations For Lent

## ABSTINENCE

1. Everyone over seven years of age is bound to observe the law of abstinence.
2. a) COMPLETE ABSTINENCE is to be observed on Ash Wednesday and Fridays.
- b) PARTIAL ABSTINENCE is to be observed on the Ember Wednesday and Ember Saturday of Lent. On days of partial abstinence, meat and soup of gravy made from meat may be taken ONLY AT THE PRINCIPAL MEAL.

## FAST

1. Everyone over 21 and under 59 years of age is bound to observe the law of fasting in addition to the law of abstinence.

2. a) Every weekday of Lent, including Holy Saturday until midnight, is a day of fast.
- b) On days of fast, only one full meal is allowed. Two other meals may be taken to maintain strength, but together they should not equal another full meal. The law of fast permits the use of meat at the PRINCIPAL (FULL) MEAL ONLY. Eating between meals is not permitted, but liquids, including milk and fruit juices, are allowed.

## APPLICATION OF THE LAWS

Age groups 7-21, and over 59, may have their usual three meals a day even during Lent. They may also eat between meals. These groups must observe complete abstinence from meat at all meals and snacks on Ash Wednesday and Fridays. They must observe partial abstinence on Ember Wednesday and Ember Saturday, when they may eat meat only at the principal meal. On all other days of Lent they may eat meat at all meals and snacks.

Age group 21-59 must combine the laws of fast and abstinence. Thus, on Ash Wednesday and Fridays, they are not permitted meat at all. They may have only one full meal on these days. Eating between meals is not permitted. Liquids may be taken between meals.

On all other weekdays of Lent, including Ember Wednesday and Ember Saturday, they are permitted meat at their principal (full) meal only. The other meals must be meatless. Eating between meals is not permitted. Liquids may be taken between meals.

There is no law of fast and abstinence on the Sundays of Lent.

When health or ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, a parish priest or confessor should be consulted.

## Impressions From An Atheist

Father Halton, Dominican priest banished from Princeton University campus because he disagreed with the college's attitude toward religion, is over in Oxford, England, doing specialized studies.

He better come back to America.

A PRINCETON PHILOSOPHY PROFESSOR in the current issue of Harper's magazine admits he "buried the Holy Ghost when I was eleven, and God when I was eighteen."

Holthen goes on to charge that our Lord Jesus Christ gave "evasive and equivocal answers," that "Jesus was surely not the wisest of men." The professor also immensely dislikes the Saviour for His inhumane mention of an everlasting Hell.

This professor, Walter Kaufmann, teaches a course on the philosophy of religion to impressionable young students. You can well imagine what impressions they get in his classes.

He gallantly defends the renowned university, however, by telling his readers that "Protestantism is championed vigorously by five full professors and a large staff and ordained ministers" on the campus.

Which brings us to Father Halton.

He made the charge just about year ago that the Catholic faith was "intellectually misrepresented" at Princeton.

If one admitted atheist and five vigorous Protestants teach the religion courses, we would say that Catholicism isn't represented at all. We have no grudge against Princeton's right to academic freedom but it would be the gentlemanly thing to do to let a priest or layman speak out for the Pope's side too.

The whole unsavory episode reveals one fact—we humans, so wise in so many ways are also so often so childish. We apparently need more than universities to mature us. Maybe we will do it best if we just do it ourselves.

## Take Courage From Candelmas

People who are discouraged about current talk of increasing juvenile delinquency can take heart from a ceremony which took place Monday evening, Candelmas Day.

Over a thousand teen-agers braved a wintry wind to fill St. Michael's Church for the Sodality's closing observance of the Lourdes Centenary Year. Hundreds gave up supper in order to receive Holy Communion at the Mass. All of them in their clear young voices answered the Latin prayers of Bishop Kearney at the altar.

And these thousand youngsters were but representatives of other thousands of Sodality in the parishes and schools of the twelve county Rochester Diocese.

They were there with their priest directors who take at least an hour a week to instruct them in the Sodality way of life, a regimen which might startle older folk with its stern demands of daily prayer, penance, high moral life and apostolic activity.

News reports day after day tell us about other youngsters who trip a foul of the law—but their numbers pale into insignificance when compared to the thousands of the same age who prefer virtue to vice, devotion and duty rather than crime or rowdiness.

These Sodality are far from being odd-balls. A glance at the congregation showed star athletes from the various schools, dynamic young parish Sodality, typical teenagers who enjoy a good time and are equally convinced that God must take priority in every activity they enter.

The Sodality program has had such fine results that many adults these days are retaining their affiliation with the organization. Any society which can inspire so many high school age youngsters to high ideals certainly deserves the respect and the attention of adults too.

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## Cardinal Mindszenty

### JOSEPH BREIG

#### Some Facts About Cuba



Joseph Breig

I am not impressed by the shocked reaction of editorial writers to the executions in Cuba following upon the overthrow of the murderous Batista government.

For one thing, these journalists wrote in haste, without waiting for the fuller information that certainly would have given them second thoughts.

For another, they do not seem to grasp firmly the truth that peace is the work of justice, and that sentimentalism is not religion.

Further, they have not yet realized that it is high time to call a stern halt to the plundering of Latin American nations by successive dictatorships.

Finally, they do not see that nations and international things will continue to fill the world with torture and terror until they learn that they cannot do so without facing an accounting.

ONE NEWSPAPER denounced revolutionary leader Fidel Castro for violating the Latin American "tradition" that to the victor belongs the spoils, but the vanquished must always be allowed to find asylum in some other country.

This is simply attacking Castro for not being immoral. He was eminently right, not wrong, for refusing spoils while insisting that malefactor places of power be brought to justice.

Dale Francis, editor of the Lone Star Catholic and correspondent for Our Sunday Visitor, is one newsmen who went to Cuba to get the facts about the revolution and the executions.

Francis knows Cuba. He spent a couple of years there with his wife, Barbara, assisting missionaries in their work among the Cuban poor.

I HAVE KNOWN Dale Francis for years. I have yet to meet a man more patient, more deliberate, more kindly, or slower to jump to conclusions.

Francis cabled from Cuba the story of what had happened to the young men of Catholic Action, whom he had met when they gave religious instructions in a Cuban village.

They were arrested by Batista agents after Christmas. Following the overthrow of the Batista regime, their bodies were found by a priest searching through a pile of 60 bodies.

They had been shot first in the arms," Francis wrote, "not once but many times, rising up from their wrists. Bullets tore through their bodies in non-vital places—the ears, the chin, the cheeks. They had been slashed with knives in a manner too horrible to detail."

ARCHBISHOP Enrique Perez Serantes of Santiago told Francis that in his province alone, Batista agents murdered more than 5,000 persons. Throughout Cuba, the victims numbered at very least 20,000.

These were people who died horribly because they spoke or acted in defense of elementary human rights—while Batista and his followers lived in luxury, and piled up huge fortunes out of payoffs from gambling casinos—some of the operators of which, to America's shame, were Americans.

## Ten Years Prisoner Of Red Tyranny

Vienna — (RNS) — Catholics in countries everywhere are expected to offer special prayers for Josef Cardinal Mindszenty, Primate of Hungary, on the tenth anniversary of his conviction and imprisonment by a Communist court in Budapest after a "trial" which free world leaders denounced as a complete travesty of justice.

The loneliest but most frequently talked about of the Communist-made martyrs, the Primate, who will be 67 in March, was condemned on Feb. 8, 1949, to life imprisonment on charges of treason, espionage and black market currency dealings. He still remains the Catholic Church's foremost living victim of Communist anti-religious persecution.

Cardinal Mindszenty was given a "conditional" release from prison in July, 1955, after having served six and a half years of his life sentence. But he still remained a prisoner. He was confined under strict surveillance in a remote village and banned from resuming his office as Archbishop of Esztergom and head of the Hungarian Bench of Bishops.

In the Hungarian revolt of October, 1956, Cardinal Mindszenty was freed by insurgent troops and taken in triumph to Budapest. But with the collapse of the revolt, he was forced to seek shelter in the American legation there. Since that time—Nov. 4, 1956—he has remained isolated from the world, haunted by the past and pondering the future.

In the meantime, an announcement had been broadcast that the "freedom fighters" government headed by now dead Imre Nagy declaring that "the proceedings started in 1948 against the Primate, Josef Cardinal Mindszenty, lacked all legal basis, and that the accusations leveled against him by the regime of that day were unjustified."

In addition to Premier Nagy, who was subsequently tried and executed by the Kadar regime, the statement was signed by Istvan Dobi, who was then, and still is, the head of the Hungarian Presidential Council.

Little is known of Cardinal Mindszenty's life in the legation except that he spends much of his time writing his voluminous memoirs which will cover the decades from 1915, when he was ordained a priest. They will tell of his earlier spiritual struggle against the Nazis, who imprisoned him in 1944—he was then Bishop of Veszprem—and his later battles to save his country from Communist domination which ultimately saw him marked for "liquidation."

His arrest, torture and "trial" by the Communists took place four years after he had been promoted to the primate's See of Esztergom and three years after Pope Pius XII had made him a cardinal.

Since he sought sanctuary in the U.S. legation, Cardinal Mindszenty has occupied the top floor rooms, formerly used as private offices by the American Minister. His only contacts with the outside world are the few Americans who have a key to the heavy iron door leading to his quarters.

For exercise, the cardinal paces around and around a tiny 15-square yard courtyard within the legation. He receives his food from a canteen which serves the legation staff but is off limits to all the Hungarian employees.



Cardinal Mindszenty, ten years a victim of Communist torture and imprisonment, is shown at his 1949 "trial" where he was sentenced to life imprisonment for treason. Hungarian patriots set him free in their ill-fated 1956 revolt against their Red masters. In his brief moment of freedom, he was greeted by cheers at his Budapest home, blessed his people and urged them to be steadfast in their faith. When Russian tanks rumbled into the city, he sought refuge at the American legation where he remains today.

For the men of the secret police who have to "keep an eagle eye on the two entrances to the legation.

Whether reading, writing or at prayer, Cardinal Mindszenty is constantly aware that teams of police keep up a 24-hour vigil outside. He knows that, in addition, two German Opel cars are always at the next corner watching and waiting. The plainclothes police who stroll back and forth in front of the legation become alert and tense any time civilians gather outside the gates.

Western reporters have not been able to interview the cardinal for the past two years.

## Speak Truth With Charity

Vatican City — (NO) — Pope John XXIII in an audience to 2,200 students of Rome's schools stressed the importance of truth and said it "must be expressed without offending Christian charity."

The students were winners of a "Veritas" contest—a competition on religious culture between students of Rome's public and private high schools. They were led by Cardinal Micaela, the Pope's Vicar General for Rome.

In addressing them, Pope John also emphasized the importance of their religious studies.

## Daily Mass Calendar

- Sunday, Feb. 8 — Quinquagesima Sunday — (purple, 2nd prayer) of St. John of Matha, Creed, Trinity Preface.
- Monday, Feb. 9 — St. Cyril of Alexandria (white), Gloria, 2nd prayer) of St. Apollonia, Creed.
- Tuesday, Feb. 10 — St. Scholastica (white), Gloria.
- Ash Wednesday, Feb. 11 — Blessing and distribution of ashes, Mass as in missal.
- Each day in Lent has its own special Mass (purple) as in missal.
- Priests may, however, choose a feast day Mass when indicated. The 2nd prayer in all feast day Masses is from the appropriate Lenten Mass.
- Thursday, Feb. 12 — Seven Founders (white), Gloria.

They have had to be content with tidbits of information tossed their way by the legation's press office.

At the time of Pope Pius XII's death, there was a glimmer of hope that Cardinal Mindszenty might be allowed to leave Hungary unmolested to attend the conclave for the election of a new Pope. But a request for safe conduct made by the U.S. legation was bluntly refused. Moreover, the legation was sharply told that the United States had "gravely violated" international codes by offering haven to a Hungarian citizen.

Meanwhile, from time to time, Cardinal Mindszenty has been the target of attack in the Communist press, in an effort to degrade him in the eyes of Hungarians as well as of the free world.

Once it was charged that the cardinal celebrated Mass inside the legation using a champagne glass instead of a chalice. This brought a rejoinder from Vatican authorities that, under the circumstances, this was perfectly in order.

In one breath the Hungarian press has said that Cardinal Mindszenty is an important, forgotten man in Hungary and in the next it has blasted him as a "poisonous spider." It has charged him with "interfering" in Church affairs, dismissing and disciplining priests who have "got out of line," even smuggling out memoranda to the United Nations.

So far no action has been taken to demand the cardinal's extradition to Hungarian authorities. Whatever the future holds in store for him, he is neither unimportant or forgotten in the minds and hearts of the Catholic faithful throughout the world. In a special message to the cardinal on the occasion of his coronation, Pope John XXIII expressed "profound sorrow" because he was not able to embrace the prelate on this auspicious occasion, and imparted to him "a particular apostolic blessing."

There have been reports that Pope John is thinking of calling Cardinal Mindszenty to the Roman Curia and putting him in charge of the Sacred Congregation of the Faith. But, as the situation stands, for the cardinal to take one step out of the American legation would mean prison again, perhaps death.

## Harlem Prays For Church Unity Protestant Negroes Attend Catholic High Mass

(The author of the following article is a Negro Protestant journalist. He is a reporter on the New York Journal American and served for several years on the Pittsburgh Courier, a leading Negro weekly newspaper. Herewith he relates his impressions after attending "A Day of Prayer for Church Unity and Social Justice" at a Catholic parish in New York's Harlem district.)

By STANLEY ROBERTS  
(N. C. W. C. News Service)

New York — In keeping with the recent plea of Pope John XXIII for Christian unity, more than 1,000 Harlem Catholics and their Protestant neighbors joined in a "Day of Prayer for Church Unity and Social Justice" at All Saints Catholic Church here.

This adventure in Christian public relations began with a Solemn High Mass. A commentary on the Mass was given by Father John J. Barry, and Msgr. Cornelius J. Drew, delivered a sermon on the text, "What Doth It Profit?"

In addition to the commentary, Protestants were furnished printed programs that included instructions on "What to Do During Mass."

Following Mass, the gathering went to the All Saints Auditorium where exhibits had been set up by religious communities, Catholic societies and the Catholic press. An information booth was conveniently placed near the entrance to the auditorium.

To a Protestant reporter, the warmth and friendliness of the Catholic priests, nuns and laymen was immediately evident and gratifying. Persons outside the Catholic faith seldom have an opportunity to talk informally with priests and almost never come in contact with nuns other than glimpsing them on the bus or in the street.

Often, we who are not part of the Catholic Church think of these religious representatives as ascetics—living in a world of their own, quite apart from ordinary people with everyday problems, frustrations and human failings.

Yet, I met a pretty little Negro Sister who could comment on the latest news developments with the joy of living and glowing language—word and gesture. She was intriguing. I hope to see her and talk with her again.

The robust priest who looked like a football player, talked with a soft Irish brogue and had all of the zest for life that is the earmark of a well-balanced person.

He can best be described as a "regular guy" in the best connotation of that descriptive term. Come to think of it, he might have been a Notre Dame All-American. I didn't ask. It was easy to talk with these people. In the relaxed atmosphere of the day, there was no hesitancy in meeting them as new friends.

The austerity of their garb was no barrier to stimulating conversation and mutual understanding.

Before lunch a layman, Emanuel Romero, gave a Bible reading with Father Kevin Kelly from St. Charles. Borromeo parish furnishing the commentary.

Lunch was served by the ladies from the various parishes of Harlem who presided as graciously as they might

have in their own homes. The cheerful, well appointed school cafeteria provided a physical setting, in keeping with the spirit of the occasion.

After lunch there was a guided tour of the church and sacristy conducted by Father Francis Phibbin, C.S.Sp., and Father Francis Newman. Interested friends were permitted to peer inside that most mysterious of places—the confessional. Father Harry Salmon delivered a sermon on "Our Blessed Mother, Mary," explaining the devotion to the Mother of Jesus.

The audience seemed to increase as the day wore on and an enthusiastic crowd returned to the auditorium to welcome the outstanding Catholics who came to greet them.

Floyd Patterson, heavyweight champion of the world; Hulan Jack, president of the Borough of Manhattan; Ricardo Montalban who stars with Lena Horne in the Broadway musical, "Jamaica," made effective appearances.

The distinguished and beloved Father John L. Farge, served as moderator for a panel discussion on "Discrimination and the Christian Conscience." A panel of members were chosen from the Catholic Laymen's Union of New York.

The last sermon, "The Redemptive Sacrifice of Christ," was delivered by Msgr. James V. Hart, pastor of Our Lady of Lourdes parish. Solemn Benediction of the Most Blessed Sacrament closed the devotions.

It was quite a day. No one attempted to inordinate the Protestant participants. There were no high-pressure proselitists. But, throughout it all, you could not escape the obvious peace and serenity which the devout Catholic seems to find in his religious life.

This, after all, is perhaps the best "analysis presentation." Let's do this more often.

An overworked announcer for a color-TV spectacular fainted during a final rehearsal. As he came to, the producer bent over him. "John!" the producer called. "What happened?"

"I don't know," the announcer replied, shaking his head dazedly. "Suddenly everything went black and white!"

## Catholic Press Strengthens Unity

My dear People:  
During Catholic Press Month—the month of February—it is customary to renew our subscriptions to the Catholic Courier Journal, our diocesan paper.

It is very important that every home in the diocese should keep in contact with the bishop through the pages of a diocesan paper. This paper strengthens diocesan unity by keeping the activities of the various parishes before the eyes of the people.

Again, the diocesan paper can go into detail on Catholic news to an extent which we cannot expect from the daily papers. In addition, we can get the point of view of recognized Catholic writers on the different questions before the public mind.

We are making a special effort this year to bring the Courier Journal into every home. With the cooperation of the parishes this can be done. We need, however, the support of everyone.

May I, then, once more solicit your generous support of our diocesan paper, the Catholic Courier Journal.

With a Blessing, I am  
Your devoted Shepherd in Christ,  
*James E. Kearney*  
BISHOP OF ROCHESTER