

Practice.—The "*Gloria in excelsis*," and hymn "*Alma Redemptoris*."

Asp.—Glory be to God—honour to the Angels, and peace to men of good will!

OCTOBER FOURTEENTH.

Let us this day venerate the Angels who ministered to Jesus Christ after his fast in the desert. The time being come in which the Saviour of Men was to manifest himself to Israel, having prepared for his mission by "a fast of forty days, he was," says the Evangelist, "afterwards hungry, and Angels came and ministered to him." Happy—thrice happy Spirits! whom the Lord of Heaven and Earth—"he who gives food to the raven, when her young ones cry for meat—who opens his hand and fills every living creature," permitted to minister to him in his necessities.—It rests with us to be sharers in their happiness, for Jesus is still on earth, in the persons of his poor, and what we do for them, he considers as done for himself.

Practice.—Give some alms in the spirit of these Angels.

Asp.—Holy Angels, ministering spirits to Jesus Christ, intercede for us.

OCTOBER FIFTEENTH.

Let us devote this day to the veneration of the Angels who appeared at the Sepulchre of Jesus. We may piously imagine, that, after the body of their deceased monarch was laid in the tomb, the holy Angels stood and guarded the sacred deposit, quite motionless at this his prodigious annihilation, until "the morning of the Sabbath, when the Mary's, on coming to the door of the monument, found the stone

rolled away, and an Angel sitting thereon, whose countenance was as lightning, and his garments like snow."—This conduct of the Angels should make us assiduous in visiting Jesus in his holy Sacrament, the tomb of his love. He is there night and day, suffering with infinite patience the irreverences of many, and the total forgetfulness of almost all.

Practice.—A visit to the Holy Sacrament, to beg a great devotion towards it, and the Angels.

Asp.—Ah! blessed Angels! teach us to honour Jesus in the Sacrament of his love

OCTOBER SIXTEENTH.

Let us this day honour the Angels who appeared at the Ascension. "The time being come in which Jesus was to pass out of the world, and ascend to his Father, he led his disciples to Olivet, and having given them his last instructions, he was taken up to heaven, and a cloud took him out of their sight." And as they continued to look after him, two men stood by them clothed in white, who said, "You men of Galilee, why stand you looking up to Heaven? This Jesus, whom you have seen ascend there, will one day return." It is not by a devotion merely speculative, as those Angels insinuated, we are to prepare for this coming. We must pray, act, suffer, lest we be found with our hands empty when the Lord will descend to judge us.

Practice.—Examine for five minutes if your devotion be in accordance with the Spirit of God—whether it shew itself by the subjection of the passions, or in mere external forms.

Asp.—O! blessed Spirits! render us adorers in spirit and truth.