

praying, through the aid of the Spirit of Christ, united with the prayers of all who partake of the same Spirit. He is in each one the Source of the power of prayer. "The Spirit also helpeth our infirmities." He is the One Spirit of prayer, pleading with God in each one of His Elect, equally as in the Whole Body. Our individual prayers are but one accent, one note of the vast sound of many like voices breathed out of the same centre of living desire, one wave of the endless swell of hearts rising in prayer throughout both worlds, alike of the living and of the dead. Call up your remembrance in prayer that you are in connection with this vast Body. Quicken within you the assurance that you are linked together with its many members; that your prayers are borne on with the infinite streams ever flowing upwards to God. Stay yourself on the idea of the vast multitudes supporting you as one with weak and faltering voice in a choir stays his own feebleness and wavering on the volume of sound of the whole choir with which he is united.

To cherish brightness in the inward life is a duty that results from the union of the soul with the Blessed Spirit, there is a union between the two closer than any of which we can form a conception. The Spirit of God dwells in a radiance and a glory beyond all thought. It is His everlasting dwelling-place; the atmosphere ever surrounding His Presence. St. Paul enjoins a spirit of rejoicing, as an essential part of a spiritual life, and this injunction is closely connected with the indwelling of the Blessed Spirit. He represents "joy" as one of the fruits of the Spirit, next in order to love, and as this bright joy is the proper result of the Presence of the Spirit, so is it a direct aid to the attainment of virtue. An unclouded peace, a memory of thought in communion with God, which is the secret of spiritual joy, is the true condition for receiving His inward illuminations. Wherever the Spirit of God dwells, there must needs be an inward shining of the holy light, though hidden from the outward eye a secret radiance in the depth of the spirit, it may be dimmed or overcast by the Will of God, or as a chastisement or discipline, but we should ever pray for the continuance or renewal of joy, and we are exhorted to "hold fast the confidence and the rejoicing of firm hope unto the end."

CANON CARTER.

## Leaves from Our Journal.

**December 21st.**—To-day has been one of restless activity in anticipation of the departure of the Canadian School for the Christmas holidays. At 6.30 p.m. the hall was filled with a swaying, excited crowd of children, all bidding each other good-bye, those who were going east starting first. At 7.30 the "West girls" came down to find their companions still at the station, for, alas! both trains were very late. After a wait of three hours for the long-expected "passenger" from the east, the happy but somewhat tired party were soon rushing away into darkness, and a rousing cheer for a few moments echoed on the air, as they sped past the school.

**Christmas Day.**—The Bishop came up to spend this holy season with us; and took the Midnight Celebration on Christmas Eve. It is true our little party was very small compared with former years, but the deep joy and peace that