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### The Bishop's Engagements for March.

- Sunday, March 4th—Celebrate the Holy Communion and preach at St. Peter's, Quebec, 10.30 a.m. Assist at Cathedral at Evensong.
- Monday, March 5th—Preside at the Annual Meeting of the Female Orphan Asylum, St. Louis Road, 3 p.m.
- Sunday, March 11th—Celebrate the Holy Communion at Cathedral, 8 a.m., preach 11 a.m., and assist at Evensong.
- Friday, March 16th—Travel to Lennoxville. Interview Candidates for Holy Orders.
- Saturday, March 17th—Travel via Smith's Mills to Fitch Bay.
- Sunday, March 18th—Confirmation at Fitch Bay. Confirmation at Georgeville. Lecture at Fitch Bay after Evensong.
- Monday, March 19th—Travel to Richmond. Dedicate new Bell at S. John's, Melbourne.
- Tuesday, March 20th—Travel to Quebec. Preside at Meeting of Central Board, 4 p.m.
- Sunday, March 25th—(Annunciation Blessed Virgin Mary)—Dedicate new Altar and Reredos at S. Michael's, Bergerville. Preach at Cathedral at Evensong.

### Lenten Pastoral from the Bishop

BISHOPSTHORPE, QUEBEC.

ASH WEDNESDAY, 1900.

*My Dear Children in the Lord,—*

At the foot of a Letter written to his people, by one who is watching for their souls, I received a day or two ago the following :

#### RULES FOR LENT.

- Exercise self-denial.
- Abstain from social gaieties.
- Struggle against your besetting sin.
- Forgive others their trespasses.
- Go as often as possible to Church.
- Seek strength for your soul in the Holy Sacrament.

These Rules I therefore send you, my dearly beloved Brethren, by way of suggestion ; and I will tell you why. It is because the real object of Lent is to learn more fully to know and more really to love our dear Lord and Saviour Jesus Christ, and because the keeping of these Rules, in the right spirit, i.e., with a view to pleasing Him, will be a real help towards attaining this, the greatest and most necessary object of our life. For, by exercising self-denial, i.e., by refusing to ourselves for Jesus Christ's sake some of the things which would be pleasing to us and which we might lawfully enjoy, we shall be treading in the footsteps of our Saviour, who is the supreme Instance of voluntary self-sacrifice, and at the same time we shall be strengthening ourselves,