


The Eucharist and the Rosary.

The Second Glorious Mystery.

The Ascension of Our Lord.

Frequent Communion.

ORTY days have lived and died since Jesus stepped beyond the huge sepulchral stone and passed out into the Spring sunlight to meet His friends. Those forty days were hours of peaceful, sublime teaching. His words were burned into the souls of His followers by the fire of His glorified state, painful in its intensity, it must have been, but also joyful and triumphant.

It was on Mount Olivet that He spoke His words of melting love to the Apostles for the last time. Then for the last time, too, He looked into His dear Mother's eyes ; raised His pierced hands in blessing over those who had been faithful and true, and with a glow of heavenly ecstasy upon His face, He gradually rose above the earth and was lost to the sorrowing little group on the hill-top. God help them ! No wonder the homeward walk was slow and heavy-paced ! What was earth to them now that He was gone ?

"I will not leave you orphans" was the promise left to console them and how well Jesus has kept that promise ! Though He departed that day into heaven ; though He was never more to be seen by mortal eye, yet He has tarried with us on the Mount of the altar in His Tabernacle home.

The mystery of the Ascension incites us to spiritual progress to perfection. "Higher ! Higher still !" exclaims our dear Saviour as He soars through space, "linger not where things material keep thee back—Higher ! Ascende Superius ! Borne down as we are by