



HOLY SEASON OF LENT.

IT is indeed a Holy Season in which the children of the Church betake themselves from the vanity, dissipation and amusements of the world to prayer, penance and a worthy reception of the sacraments. Thus did Jesus teach them when He retired to the desert and spent forty days in prayer and fasting. *Not in bread alone doth man live, but in every word that proceedeth from the mouth of God.* Happy season which, withdrawing the food of the body, gives in abundance the bread of the soul; which, whilst weakening the flesh and its concupiscences, fattens and invigorates the spirit.

Lent is especially holy because it is a time of penance. No holiness, no salvation, without penance. *Unless you do penance you shall all likewise perish.* No exemption from the universal law of our fallen condition. We cannot recover the garb of holiness of which sin has spoiled us except by penance. We cannot aspire to be disciples of Jesus and His followers to glory unless we shoulder our cross and walk in His footsteps. He recognizes as His own only those who have crucified their flesh with its concupiscences. Penance breaks loose the