

## Arrangements for Lent.

The Prayer Book gives us the "Forty Days of Lent" as "Days of Fasting or Abstinence," but it is left to individual members of the Church to make their own arrangements. Accordingly many make for themselves special rules of abstinence, many more lay upon themselves the duty of living with the utmost frugality, denying themselves luxury of every kind, and many more again refrain from taking part in their otherwise usual social occasions.

Meantime our Churches also make some distinction and offer to their people special courses of teaching on Sundays and also additional opportunities on week-days.

In Quebec City, this Lent, over and above the special Lenten Services arranged by the Rectors of the several Churches, there will this year be (by virtue of a happy co-operation of the City Clergy) a daily presenting and pleading of our dear Lord's inestimable Sacrifice, a keeping of His Institution and Gospel Command to continue a *perpetual* Memorial of His precious death, and at the same time, for those who are religiously and devoutly disposed, a daily opportunity of drawing near to the Holy Table of their Lord, and of receiving His precious Body and Blood to the strengthening and refreshing of their souls. Each Church will of course have its own arrangements for Sundays, Ash Wednesday and Saints' Days, but apart from these days there will be Celebrations of the Holy Communion as follows:—

**MONDAYS**—Bishop's Chapel, 7.30 a.m.

**TUESDAYS**—S. Matthew's Church, 10.30 a.m.

**WEDNESDAYS**—Bishop's Chapel, 7.30 a.m.

**THURSDAYS**—All Saints' Chapel (Cathedral), 10.30 a.m.

**FRIDAYS**—S. Matthew's Church, 7.30 a.m.

**SATURDAYS**—Bishop's Chapel, 10.30 a.m.

By this plan there will be opportunity, alike for those who make a custom of communicating at an Early Service, and also for those who, owing to reasons of age or health, feel constrained to come at a later hour. The special intention of these Services will be, by secret intercession, to seek our Heavenly Father's blessing upon our work in the City, the Diocese, the Dominion and the World; and it must be evident to all that, if only a faithful few even will unite in maintaining, as far as they can, this daily stream of intercession, it cannot possibly be without its great and glorious results. For the spiritual effect of such a daily approach in our Lord's own appointed way to His Heavenly Father in His Name is not to be limited to those who unite in the loving labour of making that approach, but extends to all who are embraced within the scope of the intercessions, that are made, even to the whole Body of Christ throughout the world.

It need not be said that the Celebrations on Mondays, Wednesdays and Saturdays at the Bishop's Chapel are open to all, who may like to come to them. Admission will be by the front door of the Bishop's House. And the Bishop also gives a cordial invitation to all who are able to take part in a very short Service of Prayer at his Chapel on Friday mornings in Lent at half-past ten. At these Services he will give a series of Instructions on subjects which are likely to be helpful to our spiritual life. It is his earnest hope and prayer, that many may be led at this Holy Time to consider what is their true position in the sight of God, and to seize the opportunities which the coming Season of Lent offers of taking, at any rate, a few steps forward in the way of Holiness.