

all dishonesty, calumny and detraction; from immodest words and acts; from reading bad books and journals; from drunkenness and rioting; in fine, from every thought, word and action that would offend God and transgress his Divine law. And whilst fasting from all such wickedness, we must apply ourselves to good works and acts of mercy. "Is not this," saith the Lord, "the fast that I have chosen?" "Loose the bands of wickedness and break asunder every burden. Deal thy bread to the hungry, and bring the needy and harborless into thine house; when thou shalt see one naked, cover him, and despise not thine own flesh. Then shall thy light break forth as the morning, and thy health shall speedily arise, and thy justice shall go before thy face. Then shalt thou call and the Lord shall hear." (Isaias lviii.)

Let us, therefore, spend this holy and penitential season of Lent in accordance with the spirit and requirements of the Church. Let all perform their Easter duty by worthily receiving the Sacraments of Penance and the Blessed Eucharist, as we are commanded to do by the Church, under the gravest penalties. Let us sincerely repent of our sins, bewailing them in the bitterness of our souls; let our cry ascend daily to God for mercy and forgiveness, beseeching him to look upon the face of his Christ, and for the sake of his bitter passion and death to have compassion on us whom he has redeemed in his precious blood. Let family prayers and the Rosary be punctually said in every household; let the passion and death of Christ be the subject of frequent thought and reflection; and in this way we shall spend Lent in a manner pleasing to God, and fruitful in blessings to ourselves; and we shall emerge from the gloom of Lent into Easter joys, happy in the consciousness of having honestly endeavored to promote God's glory, and the salvation of our souls.

We request the Revd. Clergy to visit their flocks during this holy season, especially the lukewarm and the sinful, with the view of inducing them to give up the evil of their ways