

will become in him a fountain of water springing up to eternal life. John iv. Other waters pass through the valleys of our soul, and flow on, and we are still thirsty. But he who has the fountain within him cannot thirst. Whatsoever shall befall you let Jesus descend into your heart, and thence spring up to your mouth, and you shall be healed from every infirmity. S. Bonav. S. Bernard.

29. Arise and eat for you have yet a great way to go; and he walked in the strength of that food even to the mount of God. Horeb 3 Kings xix. What is this bread which leads to the mount of God? Or, what is this water in whose strength he walked for forty days? Is not this the bread that descended from Heaven, and the water of grace which went forth from his heart and side? O how happy is the soul that is fed with this strengthening bread! St. Anselm.

30. O Sweetness of Love and Love of Sweetness, may I feed on thee and may my bowels be filled with the nectar of thy love. For thou art my hope, with which I live. Thou hast commanded me to come to thee: behold I come. Receive me according to thy word, and I will live, and thou wilt not disappoint me in my expectation. S. Augustine, Ps. 118.

THANKSGIVING.

1. Let us exclaim with the Holy Zachary—'Blessed be the Lord God of Israel,' &c. Glory be to the Father.

2. Oblation. Let us imitate the the Blessed Virgin, who after she received the Son from his Father, presented him back again at the Purification, and restored him Son for Son, God for God, himself for himself, infinite for infinite.

3. Petition with David. You will therefore, O Lord, grant your servant a true heart, that he may act according to all your desires. With Solomon; Grant me, O Lord, the wisdom which assisteth at your throne, that it may be with me, and labour with me.

4. Resolution. Let it be proportioned to these affections.

CATECHISTICAL SOCIETY.

On Sunday, January 7, the examination of the male and female children was held in the Parochial School Rooms, and on the following Sunday the Premiums were distributed in St. Mary's Church. The children at the North End were examined in St. Patrick's School Room on Sunday, January 21, and they received their premiums at the Cathedral on Jan. 28. The Bishop assisted at both examinations and distributed the Premiums. Too much praise cannot be given to the Teachers, both male and female, for their persevering attention and zealous exertions during the past year. The result of the annual examinations was in general very satisfactory. We believe it was determined that a new formation of classes would speedily be made.

THE CHRISTIAN SACRIFICE; WITH ITS OFFICE AND CEREMONIES, EXPLAINED.

PRELIMINARY INSTRUCTIONS:

"From the rising of the sun even to the going down, my name is great among the Gentiles, and in every place there is sacrifice, and there is offered to my name a clean oblation; for my name is great among the Gentiles, saith the Lord of Hosts."—MAL. 1, 11.

THE CHURCH

Is the house of our Lord,* his temple, his palace, his holy seat; where presenting himself, he meets his chil-

* See Gen. 28, 16, 17