

good influence can you possibly exert in favor of your spiritual Mother, if, while the Church is engaged in her most solemn acts of humiliation, and clothed, as it were, in garments of mourning, you are found in the ball room, or at the place of amusement, or feasting at some sumptuous repast? Strive, therefore, to be *consistent and constant* in your religious acts, and thus recommend the old ways of Holy Church to those around you. Above all, seek to make your self-denials *real and practical*. We know that there is always danger of going through our prayers in a formal manner; of observing our rule of fasting and abstinence in a Pharisaical spirit; of practising our self-denials from pleasures and amusements with a hypocritical reflection upon our neighbors.

ONE HOLY CATHOLIC AND APOSTOLIC.

I.

THE Church is One, inasmuch as all its members have One God and Father; and are united as sheep of one fold, under one Shepherd; and as members, under Christ, their head, of one Body, into which they are all baptized in one Spirit; and all are partakers of one Bread and of one Cup in the Holy Eucharist; have all one Faith and one Hope of their calling; are all of one heart and one soul, loving each other as Brethren, and Helping the Unity of the Spirit in the bond of peace; walking by the same rule, and minding the same thing; united by the same Apostolic government, discipline, and worship; and all living with one aim, that they may

with one mind and one mouth glorify God.

II.

The Church is Holy. In respect of its Head, Christ; of its Holy calling; of its Holy Baptism, wherein we are created anew after God in Righteousness and true holiness; of the Holy offices performed in it, of the Holiness of Life required of its members; of the "Inheritance, Holy and undefiled," which God has promised to them.

III.

The Church is Catholic or Universal. In respect of *Time*, as enduring throughout all ages, from the beginning till the end of the world. In respect of *Place*, as not limited like the Jewish Church to one people; but as comprehending those of *all* nations who are in the main points of religion one and the same. In respect of *Faith* and *Practice*, as teaching all truths, and requiring holiness from all; and as ministering, by God's appointment, all His means of Spiritual Grace.

IV.

The Church is Apostolic. As built on the foundation of the Apostles and Prophets, Jesus Christ Himself being the Chief Corner Stone; as continuing steadfastly in the doctrine of the Apostles, and in communion with them and their lawful successors.—*Wordsworth.*

TEMPTATION.

AH! Satan knows well enough where to direct his assaults, or where to plan his crafty approaches. It needs great watchfulness, and better defences than we can make ourselves, to escape falling into his hands. Without constant watch-