

heart. Thy will be done. Bless me, my Lord, my God, my all!" Yes, great moments of grace, indeed, are the short moments of Benediction. The place itself is holy, we are in the presence of God, we kneel at His sacred feet. The angels of Heaven surround the beautifully decorated and illuminated altar, as on the holy night they hovered about the manger in the stable of Bethlehem, chanting the joyful tidings of man's redemption and salvation. The hour, the flowers, the lighted candles, the odour of incense, the sweet and mellow tones of the organ, the sacramental hymns—all atune the heart and excite the mind to pious acts, serious reflections, consoling thoughts, and holy aspirations. Earth vanishes in these blessed moments; we feel as if transported to heaven, uniting our prayers with the supplications of the saints, and our praises with the music of angelic choirs. Here is found a balm for every wound—a solace in every sorrow. Here the high and the low, the learned and the ignorant, the sick and the weary, the anxious and the unhappy, can find sympathy with Jesus, Who opens His heart and His hand, and cries out to us from His throne of grace: "Come to Me, all ye that are weary and heavy laden, and I will refresh you." Great and manifold are the graces that come to us from the hands of our blessed Saviour at Benediction. The light and warmth of divine grace flow upon us to illumine the dark spots of our soul, to strengthen us in our weakness, to enlighten us in our doubts, to enliven us in our faith, to fill us with consolation in our misfortunes, to drive away the evil spirits that tempt us, and to inspire our guardian angels with the best means for our guidance and protection. At Benediction a peace comes over us that is not of earth, a calm resignation which comes from intimate union with God, Who alone is immutable, and without Whom all is vanity and affliction of spirit. We leave the church strong and willing to fight the battle of life; we leave with an abiding faith and confidence in God: and as the odour of incense lingers about the sanctuary long after Benediction, so do the graces of this devotion accompany and sweeten our actions long after we have left the house of God to mingle again with the busy throngs and to engage in the distracting scenes of life.