

souls from the least stain of sin, and to receive the counsels specially adapted to its wants. Be careful to receive from time to time the holy Eucharist, which is "the spiritual nourishment of our souls, the antidote against our daily faults, "the preservative against mortal sin, the pledge of our future glory and eternal "happiness." (*Council of Trent, Sess. XIII, chap. 2*).

Profit of the extraordinary graces which are given by heaven during the holy times of Advent, Lent, Jubilees and parochial retreats. During those days, heaven is opened, and the richest blessings are showered down on you with prodigality, to strengthen the good in their piety, and to draw to salutary repentance, men who have long walked in the ways of wickedness.

Be faithful in the observance of holy repose during Sundays and Holidays; hear mass with devotion. For the Lord tells us by the mouth of Isaias (chap. LVI. 4.): *To those that shall keep my Sabbaths and shall choose the things that please me and shall hold fast my covenant, I will give an everlasting name: I will bring them to my holy mount, and will make them joyful in my house of prayer; their holocausts and their victims shall please me upon my altar.*

Observe also the fasts and abstinences prescribed by the Church. One of the fundamental maxims of religion is, that sin cannot be expiated save by penance. This the prophets announced; this Jesus-Christ preached by word and example; this the Apostles and saints have never ceased to recommend.

Such are, Dearest Brethren, the most important admonitions which we deemed it our duty to give you, at the close of this fourth provincial Council, during which we have not ceased to implore the blessings of Heaven, for yourselves, your families and your earthly welfare.

O Mary, under whose protection we are assembled, in this Metropolitan Church, dedicated to your Immaculate Conception, intercede for us with your Divine Son! Through your all powerful intercession obtain for us that we may ever walk faithfully in the path of His Divine commandments, that we may all, one day, shepherds and flocks, be united in the mansion of eternal bliss!

Suffer, Dearest Brethren, that we terminate this pastoral letter as we began it, by recalling the words of the Holy Ghost, spoken by the Great Apostle: *Fight the good fight of faith: lay hold on life eternal, whereunto thou art called... I charge thee before God, who quickeneth all things, and before Jesus-Christ who gave testimony under Pontius Pilate, ... that thou keep the commandment without spot, blameless unto the coming of our Lord Jesus-Christ, which in his time he shall show; who is Blessed and only Mighty; the King of kings; and Lord of lords; Who only hath immortality and inhabiteth light inaccessible; whom no man hath seen nor can see; to whom be honour and empire everlasting. Amen... Charge the rich of this world not to be high-minded, nor to*