

**QUADRAGESIMA:
OR THOUGHTS FOR
EACH DAY IN LENT**

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Quadragesima: Or Thoughts for Each Day in Lent by Reginald Heber Howe

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REGINALD HEBER HOWE

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Quadragesima

or

Thoughts for Each Day in Lent

BY

REGINALD HEBER HOWE, D.D.



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TO MY FATHER
THE RIGHT REVEREND
THE BISHOP OF CENTRAL PENNSYLVANIA
FULL OF HONOURS AND OF YEARS
YEARS OF BLESSING TO MANY SOULS
THIS BOOK IS INSCRIBED
BY A GRATEFUL
SON IN THE MINISTRY

of the W and Z bosons. The W boson is a spin-1 particle with a mass of $m_W \approx 80.4$ GeV and a lifetime of $\tau_W \approx 3 \times 10^{-25}$ s. The Z boson is a spin-1 particle with a mass of $m_Z \approx 91.2$ GeV and a lifetime of $\tau_Z \approx 3 \times 10^{-25}$ s. The W boson decays into a lepton and a neutrino, or a quark and an antiquark. The Z boson decays into a lepton and an antilepton, or a quark and an antiquark. The W and Z bosons are produced in high-energy collisions, such as those at the Large Hadron Collider (LHC).

The W and Z bosons are the carriers of the weak force, which is responsible for the decay of particles. The weak force is the only force that can change the flavor of a quark or a lepton. The W boson is charged, while the Z boson is neutral. The W boson is produced in high-energy collisions, such as those at the LHC. The Z boson is also produced in high-energy collisions, but it is produced in a different way than the W boson. The Z boson is produced in a process called Z production, which involves the annihilation of a quark and an antiquark into a Z boson. The Z boson then decays into a lepton and an antilepton, or a quark and an antiquark. The W and Z bosons are the carriers of the weak force, which is responsible for the decay of particles. The weak force is the only force that can change the flavor of a quark or a lepton. The W boson is charged, while the Z boson is neutral. The W boson is produced in high-energy collisions, such as those at the LHC. The Z boson is also produced in high-energy collisions, but it is produced in a different way than the W boson. The Z boson is produced in a process called Z production, which involves the annihilation of a quark and an antiquark into a Z boson. The Z boson then decays into a lepton and an antilepton, or a quark and an antiquark.

Preface.

DEFINITENESS of aim is as important in religion as in other things. To strengthen and deepen the spiritual life not only for forty, but for all the days, is the true purpose of Lent. To accomplish this, by composing the mind, by fixing it on some high and worthy object, by more faithful use of all the means of grace—in a word, by being still and communing with God—should be our aim.

It is one, and one only, among instrumentalities such as these, but believed by the author and compiler of this little manual to be an effective and helpful one, to have some definite devotional reading for each of the Forty Days, progressively in keeping, in sentiment, and spirit, with the season as it advances, to guide and direct the thoughts.

And so, beside what his own pen has supplied, laying under contribution whatever he

PREFACE.

felt would minister to this end, plucking flowers from every garden and drawing gems from every mine, he sends forth his book, earnestly hoping that it may not wholly fail of the purpose it has in view, the closer walk with God of many souls through Lent, and thereby through all the year.

R. H. H.

THE RECTORY,
CHURCH OF OUR SAVIOUR,
LONGWOOD.

Note.

"THE ideas of the Lenten observance," says Bishop Barry, "are:—

1. Penitence, marked in the Ash Wednesday Collect.
2. Self-discipline and Self-chastisement, marked in Collect for First Sunday.
3. Special Devotion, and particularly adoring commemoration of the Atonement, as on Passion Sunday and in Holy Week.

"These are, in the Church of England," and we may add in her sister church in America, "left to free spiritual obedience, without the fixed, elaborate rules of other communions; and the first two are obviously means to secure the third, which is the chief end."

It is, in general, along the line thus indicated, as the Forty Days move on, that the reader of these pages will find the progress of thought and feeling to run, each Sunday as it comes bringing its own special thought, and the one object of all to lead us to Him who is at once the Way and the Truth and the Life.

To all words that are not original, the name of the writer is added.