



Particular Practice for the Month of January.

To fulfil faithfully our duties towards
our Eucharistic King.



OUR Lord Jesus Christ, Man-God, Son of God, to whom His Father has bequeathed the nations in patrimony is really present and living among us in the Most Holy Sacrament of the altar.

Do we believe it ? Do we realize it ?

If we believe it and realize it, are our actions consistent with our faith ?

He is in our Churches and in our Tabernacles ! When we pass before a Church, do we offer Him from the depth of our heart a respectful and affectionate greeting ? Do we enter the Church every time we can ? When we enter do our first thought and look go direct to the Tabernacle ? Does our genuflection show that we realize the presence of the divine Master and that we adore Him ?

He offers Himself every morning on the Altar of Sacrifice ! Adoring for us, repairing for us, thanking for us, interceding for us. Notwithstanding His sublime immolation, are we not satisfied with assisting at Mass on Sunday ? Do we unite ourselves daily to His daily intercession for us ?

He desires to give Himself to us in Holy Communion ! Do we live in such a manner as to be able to partake frequently, even daily, if possible of this divine aliment of our spiritual life ? Do we not stay away from the holy table if not through indifference or lukewarmness, at least through human respect or scrupulosity ? Do we think