

avoid seeking distractions by looking about to see what is passing around them. They should read attentively some prayers, say the beads, or be interiorly occupied with the Passion of Jesus Christ and the Sorrows of Mary. They should approach the Sacraments once a month and on the feasts of the Blessed Virgin, for more frequent Communion they should follow the advice of their Confessor, in the choice of whom they are perfectly free; they will submit to whatever his prudence may dictate, but they must avoid speaking among themselves of anything respecting confession. This is a common fault among young persons and tends to weaken true devotion. Holy Communion being the source of living waters, which alone are capable of filling and satisfying the heart of man and enabling him to obtain God's grace, and to advance in the practice of virtue, the associates should often recur