

the communion if it can be done without undue fatigue. In any case let your whole being be centred upon what is taking place on the altar ; you will be highly favored if you are steadfast in that.

At first sight the foregoing method may seem somewhat vague, but if you take it up seriously you will think differently. It is the only substantial, enlightened, spiritual and practical method we know of. It brings Mass home to the heart, where Christ intends it should be. If earnestly followed it would soon make saints of us all.



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