

He communicated His Blessed Mother and His Apostles ; lastly, He gave thanksgiving, and later prayed a long time.

In imitation of her Spouse, the Holy Church constantly gives us the same example. In the Holy Sacrifice of the Mass, after the priest has communicated the assistants, he renders thanks for himself and for them, first in secret then aloud when reading the *Oremus* called the *Post-communion*. St. Augustine, also, says : " After participating in so august a Sacrament, all is finished by the act of thanksgiving."

But this thanksgiving, so *beneficial* and so proper, must it be made in the church ? Yes, when that is possible, the church being indeed the house of prayer. St. Alphonsus advises : " If you are not constrained to do something else to fulfil a duty of obedience or charity, try to entertain yourself with Jesus Christ at least half an hour."

He adds : " Do not fail, then, to produce acts of welcome, thanksgiving, love, contrition, self-offering, and an oblation of all that belongs to you. But, above all, occupy yourself in asking favors from Our Lord, especially perseverance and His holy love."

Beg Him, I add in my turn, not only for yourself, but still more for the whole world, taking care not to forget in this precious time the poor souls in purgatory.

" In fine," says St. Alphonsus again, " if your mind is dry and distracted, make use of some book that will suggest to you devout affections toward God."

When the obligation of your state or some urgent business affair prevents your remaining in church, then Jesus will consent to your " remaining an instant recollected in prayer with all possible devotion, not turning your eyes from side to side, not reading the prayers in your book, but thanking Him for so great a benefit — that of having given Himself entirely to you in Holy Communion and of having suffered for you, for we celebrate and receive this Mystery in memory of His sacred Passion." And when, having thus entertained yourself with your sweet Jesus a very little while, His will is that you go to your necessary occupations, do so as far as you can in silence and recollection, frequently recalling with gratitude the Divine Gift His most loving Heart has made you.