

grant a victory over that unfortunate passion.....Fly the occasion which you have but too much experienced to be dangerous.....Avoid the company of such person. Do not frequent that house.....Return to confession within....days. I hope that the Lord from this until that time will grant you the grace not to relapse into the habit of.... After having accused yourself of your sins, beg of God to give you pardon for them, in testifying to him with all your heart that you are sincerely sorry for having offended him, and that you are resolved, with the assistance of his grace, never more to offend him.

I do not give you absolution; consequently you cannot communicate to-day.

For your penance you will say the *Litany of the Holy Name of Jesus*..... every day, or the *Litany of the Blessed Virgin*.....or the *Seven penitential psalms* four times.....or the *Rosary* once a day....or five *Paters* and *Aves*, every day, for eight, or fifteen, or twenty days.

I am going to give you the benediction. Make an act of contrition.

Go in peace, and pray God for me.