The Sentinel of the Blessed Sacrament

in the same manner as they would pass a theater or hotel, with absolutely no sing of recognition. There is, however, an indulgence of three hundred days—the Irish indulgence, as it is called—for recognition of the God of the Altar in passing a Catholic church

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We never seem to remember that once we step inside the church we are face to face with our Maker. And what a thought is this-to be face to face with God who made you and made me; to think that we can lay our sorrows at His feet, and remind Him of His promise: "Come ye that labor and are heavily burdened, and I will refresh you." Then to go into the world again knowing that there is One who is always willing to help, and who stands with one hand outstretched so that the rough path may be made smooth. Thomas a Kempis, in the "Imitation of Christ," urges us to lay open our minds to Christ, and exclaims: "Oh, most sweet and loving Lord, Thou knowest my weakness and the necessity I endure; in how great evils and vices I am immersed; how often I am oppressed, tempted, troubled, and defiled. To Thee I come for remedy; I pray to Thee for comfort and succor; I speak to Him that knows all things, to whom all that is within me is manifest, and who alone can comfort and help me. Feed thy hungry supplicant; inflame my coldness with the fire of Thy love: enlighten my blindness with the brightness of Thy presence."

And how better can we lay open our mind than by going to the foot of the altar every day, and there laying before God our petitions. He does not stay imprisoned in the tabernacle so that you can visit Him once a week—why, even those outside the fold meet once a week. He wants us to come to Him. every day, to pay Him a loving tribute, and show that we realize and appreciate the infinite goodness which has left to this world such a wonderful legacy. On our way to work in the morning, at noontime, or in the evening, we surely can sacrifice a few minutes for God's sake. Surely we can say a decade of the beads for the suffering souls—It may bring an eternal reward, and we can rest assured that we will have powerful intercessors before the throne of God.

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