

# THE CROSS.

nd forbid that I should glory, save in the Cross of our Lord Jesus Christ; by whom the world is Crucified to me, and I to the world.—St. Paul, Gal. vi. 14.

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## Weekly Calendar.

- Sept. 3, Sunday XII. after Pentecost,  
4, Monday, S. Rose of Viterbo, Virgin.  
5, Tuesday, S. Lawrence Justinian,  
Bishop and Conf.  
6, Wednesday, S. Benedict II. Pope  
and Conf. (from May 7.)  
7, Thursday, S. Gregory, VII. Pope &  
Conf. (from May 25.)  
8, Friday, Nativity of the B. V. Mary.  
9, Saturday, S. Sergius I. Pope & Conf.



## Instructions on the Holy Communion.

TRANSLATED FROM THE FRENCH OF  
PERE BOURDALOUE.

*“It is a great work, for a habitation is prepared not for man, but for God.”—1 Paralipom, xxix.*

THERE are three periods to be considered with regard to Communion. That which precedes it, the time of Communion itself, and that which follows it. According to this distinction, the following are the different advices which you ought to observe, as rules for a holy use of the Divine Eucharist.

*Advice for the time that precedes Communion.*

I. Be convinced, that the greatest, most holy, and most important action of your life, is Communion: and,

that consequently, there is none in which it is more dangerous to act through custom or habit, none in which your negligence will be less excusable, and in which you can have less hope that God will not be offended by your coldness and tepidity.

II. Consider well, that the greatest crime you can commit, is to abuse that which is most august and divine in our religion, to render yourself guilty of a profanation of the Lord's Body, and to convert into a deadly poison what Jesus Christ has instituted for the spiritual nourishment of your soul.

III. Be well persuaded, that the most essential of all your duties as a Christian, is to place yourself in a proper state for a worthy communion, and to endeavour to purify your soul, that it may serve as a dwelling for Jesus Christ, saying to yourself with more reason than Solomon, *a habitation is being prepared not for men, but for God, the King of Kings.*

IV. Meditate well on these words of St. Paul: “Let a man therefore prove himself before he eats this heavenly bread, for he that eats it unworthily eats his own condemnation, not making a proper discernment of the Lord's Body.” 1 Cor. vi. Ac-