

weather in the country is very much worse than in the city—Two little girls of six were faithful under these trying circumstances. Another little one of nine, was not quite so generous in the beginning but now she has conquered herself, and takes the long walk of a mile and a half, twice a week, encouraged by the thought that as little Nellie used to say she is going to “get Holy God”.



### Practice for a visit to the Blessed Sacrament

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They who are faithful in visiting the Blessed Sacrament as often as they can, know from their own experience, that there is no more sure and easy means for obtaining from Our Lord everything we want, provided that we ask Him for it with a reverent confidence, both in the general assembly of the faithful, and also especially at certain hours of the day when He is most seldom visited, or by very few persons; but for this we must when we approach Him in the church, be filled with reverence, gratitude, confidence and love.

All the sanctity which the Birth of Christ communicated to the stable of Bethlehem, all that His Precious Blood communicated to Calvary, and His Sacred Body to the sepulchre, also invests our churches; and if when we enter them, and approach the alter we are not penetrated by the holy awe which fills us when we draw near to the most holy places, if we have not those feelings which cause the loving tears of pilgrims who are so happy as to visit the manger in which our Lord was born, or the mount on which He died, it is because we are wanting either in faith or in attention. But we must try to remedy this evil before entering a church by making some reflections on the sanctity of the place, and on the majesty of Him who dwells therein, How many people would think themselves very fortunate were it as easy to enter into the palaces of the great as it is to enter the churches! And