

Say it, make an effort to say it to Him Who is in the tabernacle yonder.

O Jesus, hidden God, "more friendly than a brother"—I believe most firmly that you are present, a few feet only from where I kneel. You are behind a little wall, listening for every word of confidence and love, thanksgiving and praise. Listening when my heart is free to pour itself out to You, as the brook to the river in the days of spring. Listening more tenderly when the stream is ice-bound, when I kneel before You, troubled, wearied, anxious about many things, yet dry and hard, without a word to say. Make my heart so perfectly at ease with you, O Lord, that it may be able to turn to You even in its coldness and inertness; to confide to You naturally all that most intimately concerns it; to be content with this, when discontented with all else, with self most of all—that You know all men "and need not that any should give testimony of man, for you know what is in man."

MOTHER MARY LOYOLA.

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### *Frequent Communion*

"Communion, frequent Communion, very frequent Communion, daily Communion; behold the grand, the sovereign resource held out to our weakness by the compassionate bounty of our Lord and Saviour Jesus Christ. It would seem that in proportion as the torrents of impiety and of unbelief mount up from the depths of the infernal abyss and threaten to submerge the world, the infinitely kind and compassionate Heart of Jesus wishes, on its part, to inundate mankind with a deluge of graces and of love.

"Come and draw with joy from the sacred fountains of the Saviour. Come and cleanse yourselves more and more in those purifying streams. Come to this fountain of living water that springeth up to everlasting life in the hope that you may, one day, arrive at the torrent of pleasure and of the most pure delights, that river seen and sung of by Holy David which refresheth the city of God."

Rev. J. McDonnell S. J.