

offers up the holy sacrifice in my parish.

VI.

I will excite myself to a tender and solid devotion to Jesus Christ, really present in the Eucharist, and residing in our tabernacles: by affectionate prayer, and, what is still better, by visiting him, if it shall be in my power.

VII.

I will address a particular prayer to the Blessed Virgin, to St. Joseph, to my guardian angel, and patron saint: to place myself under their special protection.

VIII.

I will read, every morning, one article of these resolutions. I will also read some lesson that will be capable of renewing within me a spirit of piety, and religion; and I will offer to God, from time to time during the day, my labors and sufferings. I will think on his presence, and make acts of the principal virtues.

EVERY WEEK.

I.

I WILL examine in the presence of God, on Sunday morning, how I have spent the week: and I will form resolutions to spend the following one better.

II.

I will be careful to assist on Sundays and festivals of obligation, with reverence and piety, at my parish mass and vespers, and to pay a visit to the blessed sacrament. I will remember that these days are the days of the Lord; and not days for dancing, for pleasure, intemperance, or business. I will spend them in a holy manner. I will devote them to good works. I will not follow the example of a great number

of christians who, by a culpable blindness, select those holy days for worldly amusements, and who thus, besides afflicting the church, serve to weaken the spirit of religion.

EVERY MONTH,

I.

I will approach the sacrament of penance with faith and compunction, carefully avoiding to do so from habit or any human motive, and I will receive the holy communion as often as my confessor will direct.

II.

I will read over all these resolutions, and the particular rule of life that shall be prescribed me, and I will renew my desire and firm purpose of being faithful to them.

EVERY YEAR,

I.

I will prepare myself, by some days of more than ordinary recollection, by good works, and even by a general confession of the whole year, to approach with fervour the holy eucharist; on the anniversary days of my baptism and first communion, and on those days I will renew in the presence of God these promises and resolutions.

"I have sworn, and am determined, O my God, to keep the judgments of thy justice." Psalm cxviii. 106.

AMEN.

On the day of the month of in the year 18, the day on which I had the happiness to be admitted for the first time to the participation of the Body and Blood of Jesus Christ, in the Church of archdiocese or diocese of