

of the sacred vessels scattered, trampled under foot and even given to animals.

Console Jesus for the insults offered His Spouse the Church, for the disregard for His doctrine, for the destruction of His temples and His sufferings in the persons of His clergy and religious. Make special reparation for the sacrileges perpetrated in Mexico.

#### IV. — PRAYER.

"O God, from whom are all holy desires, right counsels, and just works, give to thy servants that peace which the world cannot give; that our hearts may be disposed to keep Thy commandments, and the fear of enemies being removed, the times by Thy protection may be peaceable."

This is the Church's prayer for peace. It would be well to learn it by heart and recite it daily till the end of the war.

A. J. V., s. s. s.



### *How to receive Holy Communion*

IF the Blessed Eucharist is a Sacrament in which we find a heaven upon earth, and God Himself in us, as it is the greatest prodigy of God's love for man; so to profit by It we must approach to it with a lively faith, a firm hope, and an ardent love of Jesus Christ, trusting that He will supply our deficiency in these three virtues, and increase them within us in proportion as we communicate frequently, and as far as we are able, worthily. Hence those who stay away from Holy Communion because they do not sensibly experience the holy impression of these virtues, nor an ardent desire to receive Jesus Christ should not on this account deprive themselves of It; because it is necessary to enable them to practice the virtues of Christianity, and the duties of their state in life; they should therefore, receive their blessed Saviour on account of the need they have of Him.

A. Kempis.