

❖ HOLY SOULS ❖

Again we welcome November, though its days are dull and drear,
 Again our hearts are gladdened and filled with holy cheer.
 Ere October's rosaries are ended, ere Mary's month is fled,
 We greet with sad, sympathetic love, the month of our lonely dead.

The Church, our holy Mother, bids us hearken to the call
 Of the poor, weak, helpless prisoners compensating for their fall.
 It is in our power to aid them, to lend a helping hand,
 To shorten the term of exile ere they reach the promised land.

They may suffer untold anguish, midst chastening flames intense,
 They may plead for our assistance, their burning thirst to quench.
 Surely they, who are our loved ones, have on us a twofold claim
 To release them from their bondage and let fall the binding chain.

We know the Heart of Jesus broke and bled for these dear souls,
 That upon our Altars daily His precious blood still flows,
 They themselves are poor and helpless, so of us some aid implore,
 Let us plead for them with Jesus, there behind the Altar door.

If we love the Heart of Jesus we will help these souls in need,
 And render soothing ointment by each, thought, each word, each deed
 Best of all the precious moments to gain for these souls rest,
 Is the moment of Communion with our God upon our breast.

M. CREAMER.

At the Communion Rail

Now that the blessed practise of frequent Communion is happily gaining ground a few suggestions as to the manner of receiving the Sacred Species will be useful to not a few readers, says the Queen's Work. To begin with, there is the way of managing one's lips and tongue when