

masters, how they can we expect the full measure of divine grace and charity from our royal Host at the heavenly banquet when we are careless about our appearance and negligent in our devotions? Hence it should be our earnest endeavor before every holy communion to be completely absorbed with mind and heart in our devout preparations. A good prayer-book will be of valuable assistance to us in eliciting acts of faith adoration, humility, contrition, hope and charity. At least a quarter of an hour should be devoted to these pious acts and other devotions in preparation for holy communion. Let us bear in mind, however, that our hearts must be in our prayers if we desire them to be fruitful and pleasing to God. On the eve of holy communion, or at least early in the morning, our thoughts should be occupied with the great question: Who is coming to me? To whom is He coming? And what is the object of His coming? When we reflect that Jesus is coming into our hearts — Jesus, Who, as the eternal God, is enthroned in heaven; Jesus, the same Whom Mary, the heavenly Queen, carried under her heart and in her arms; Jesus, our Saviour, our best Friend, our Brother, our King, the Bridegroom of our soul — when we reflect that He is coming to us, unworthy, ungrateful sinners, who, though created by Him and entirely dependent upon Him, have nevertheless offended Him so frequently and so grievously; when we reflect, moreover, that Jesus is coming to us with mercy and pardon, to bless us as He once blessed the little children, to nourish us with the bread of life as He once miraculously fed the multitude of five thousand who had followed Him in the wilderness, to restore us to health as He once healed the blind and the lame and the deaf mute, to save us as He once saved His disciples on the Sea of Tiberias, to comfort us as He once consoled His disciples after His resurrection, to make us happy as He once brought joy to the despondent apostles when He appeared to them in His glorified body — when we reflect upon all this, and consider it most earnestly, then, indeed, will our preparation for holy communion not fail to be most pleasing and acceptable to God, as well as salutary and most beneficial to ourselves.

The precious moments which follow immediately after holy communion should not be devoted at once to reading