

Words of Consolation.

MAKE our dear Lord in the Blessed Sacrament your constant thought ; recollect that He is your friend, tell Him all your sorrows ; go often in the day, if only for a few minutes, to relieve your mind in trouble, and you will find that the hardest trials will seem to pass away in a moment. Run to Him at all hours, and you will wonder at the fulness of the consolations which you will receive, and at the clearness of the answers that will come in time of doubt. Throw your cares into the hands of Jesus in the Tabernacle, and they will cheer you by becoming light, very light. But never weary in being in earnest about loving Him, and never allow yourself to be frightened : " It is I, fear not," are His own blessed words.

Love the poor, labor for them, give yourself up to them, and the spirit of joy will come to you and abide with you, it will make labour and privations light, and every suffering easy to you. As to temptations, they cannot hold out against the gaiety of heart that comes to us from affectionate intercourse with the poor.

Rt. Rev. MGR. GRANT,
Bishop of Southwark.

Heart of our God ! with the saints we implore Thee,
Heart of our Jesus ! with angels adore Thee,
Heart the most gracious, most loving, most holy,
Make our poor hearts, like to Thine, meek and lowly.