## OF THE BLESSED SACRAMENT

CHRISTIAN SYMPATHY for others should be constantly manifested in our lives and revealed by our actions. We ought ever to remember that as there are many flowers that never open but when the sun shines on them, so there are many hearts that are closed until kindness leads their good qualities to light.

> E kind! 'tis but a heart throb, The choosing of a word,
> The loosening of a sweet smile, A feeling inly stirred;
> But what a golden treasure It seems to stricken souls!
> What a jeweled measure Of heaven-paying tolls !

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Be kind ! 'tis but a violet You pluck from out the field, Yet given to a poor child, What fragrance it shall yield ! Low-hidden in his heart's nook, How oft 'twill feast his eyes, And written in his heart's book, Seem memory's fairest prize.

Be kind ! 'tis but a hand-shake, Given to despair; A friendly like direction, Not preaching to beware. Yet it may serve to strengthen A spirit easily bent; And greatly it may lengthen The line of life's content.

Be kind! yet seem not kindly; Let nature be the rule; To patronize were blindly To play the friendly fool; But let your kindness falling, Just feel like friendship's rain, That drops at sorrow's calling, To soothe the lips of pain.

-Thomas J. Moore.

But a life of prayer is the only true prayer. It is a life of incessant progress in sanctity. *Father Faber*.

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