acte sincère de contrition. Allez en paix, et priez pour moi.

If the penitent is worthy of communion, the confessor will say : Did you prepare yourself for the holy communion to-day?

You will say for your penance.... IT is a great blessing for you, my dear brother (or sister), to be in a state to receive to-day the holy sacrament of the Eucharist. Avail yourself of that opportunity to beg of Jesus-Christ, in this sacrament of his love, all the graces you stand in need of; to strengthen you in virtue; and to render you more and more faithful in the fulfilment of the duties of your state—Speak to Jesus-Christ in your heart. Have confidence in him as in your dearest friend; and you may expect every thing from his affection for you.

Prepare yourself for so great a happiness. I am going to reconcile you to God by granting you absolution. Dispose yourself for it by making a sincere act of contrition.

Go in peace, and pray God for me. VU ET APPROUVE: QUÉBEC, 23 DÉCEMBRE 1854 P. F. ARCHEV. DE QUÉBEC. AT