

truth rendering her incapable of asking of her children a sacrilegious or idolatrous faith or of giving them a diet of errors and falsehood.

We should, then, believe these words she addresses to each one of us, at the holy table when giving us the Living Bread come down from heaven : " May the Body of Our Lord Jesus Christ preserve your soul unto eternal life."

To the testimony of her doctrine the Church joins that of her example and practical faith. " Like St. John the Baptist, who, after pointing out the Messiah, threw himself at His feet, the Church points out the living Christ and consecrates all the solemnity of her worship to glorify His adorable Person in the Blessed Sacrament. Those grand Basilicas, those magnificent churches are the expression of her faith in the Eucharist. She did not wish to build sepulchres but noble temples wherein her God might find a befitting throne" (P. EYMARD.)

Never let us fear to manifest our Eucharistic faith, even to defend it, if necessary, whenever we see it attacked by ignorance or incredulity. To blush then would be a crime. Let us often beseech Jesus in the Sacred Host to increase, Himself, our faith, saying with the Centurion : " Lord I believe : help Thou my unbelief." Let our faith be practical and consistent and since we believe the Blessed Eucharist is Our God, let us honor and love It as such.

A Bishop seeing a Christian behaving disrespectfully before the Blessed Sacrament asked him : " Have you faith ? Do you believe ?" The delinquent, disconcerted by such a question answered : " certainly, Your Lordship, I believe." " So much the worse," retorted the Bishop, it would be far better not to have faith than to believe and act as you did in God's presence.

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If we wish to persevere in virtue, we must communicate, and we must often communicate, for it is the most powerful means given to us to obtain perseverance: it is the Bread of Christians, their daily Bread.

*Bossuet.*

Let us receive Jesus ; for when He enters into us, and when we possess Him in our mind and heart, He quenches the fire of foolish delights, whilst He excites us and strengthens us spiritually to serve Him, that is, to do what is pleasing to Him.

*St. Cyril of Alexandria.*