

to it with a lively faith, a pure conscience and a heart overflowing with confidence and love. Let them bear in mind that their Communion should never be unfruitful, and that the principal effort of each Communion should be an improvement in their conduct. During the day of Communion they should often recall the presence of their God by short and fervent ejaculations.

*Purity of Heart.* All those who have the happiness of belonging to the Congregation will try to understand how necessary it is for them to acquire this virtue, the most necessary of all. In vain will they flatter themselves with the hope of consoling Mary, by the bare fulfilment of some pious practices, if they continue to live in sin, which caused the death of our Saviour and the Sorrows of His Blessed Mother. They should strive to impress upon their minds the knowledge that sin is the only true evil, since it offends God