

ance of this guide that he confides, for he says: "He hath prepared for me a table against my enemies; a drink that strengthens and refreshes me against all weakness, In His shadow will I find repose from the ardors of the sun" And he concludes by saying: "Though I journey in the midst of the valley of the shadow of death I will fear no evil; though mine enemies pursue, though I am wounded unto death, I will not lose hope, for even unto the borders of the tomb Thou art with me, O My God," My Raphael. To be ever with Jesus in the Blessed Sacrament, to abandon oneself to His direction, to walk onward with Him therefore, is the only return that Jesus asks for the infinite love with which He guides us, and the fruits of this union and companionship are so delightful and so certain that no one could hesitate to submit himself to a joke so easy, a guidance so blest.

Frequent attendance at Mass.

Many people who hear mass but once a week and then in a perfunctory manner, merely, do not realize or are entirely careless of the great graces and blessings waiting on attendance at the holy Sacrifice. They hurry in late and hurry out before the priest is out of the sanctuary, as though they are afraid of giving too much time to God. Surely an hour a week is little enough time.

The Church makes it an obligation for us to assist at Mass once a week, but that is a minimum. Her wish is that the faithful should share as often as possible in the fruit of the Eucharistic sacrifice. Experience proves, besides, that piety, true and solid piety, the piety that produces great Christian works, cannot dispense with this as its daily succor, or if not daily, at least frequently. . . . In order to be generous, devoted Christians, forgetful of one's self and ready for good works, one must have