

any obstacle in the way to our being uplifted by every powerful grace to divine life and to the spiritual favors that spring from it? That we should forbear crying out to Jesus like the Apostles, with all the fervor and energy of life and being: "Who shall ever separate me from Thee?" Finally, is it possible that we could ignore the Blessed Eucharist—the most wondrous Miracle, the most sublime Mystery in the Catholic Church?

If God had allowed man to choose and to ask for the most signal blessing he desired, never could he have asked for a gift superior to the Holy Eucharist; nay, man would never have thought of demanding so exalted a grace—a God to give Himself as a Friend, as a Companion in the weary ways of a land of exile and as our daily Food. This is a marvel that surpasses all that our mortal minds could imagine.

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My eldest little child cried bitterly on Sunday, because as she was ill, we would not allow her to go to Mass. She would not touch food but kept asking and pleading for Jesus "Whom I want in my heart". Finally, seeing her distress and thinking it might do her more harm than her sickness I gave in and she went to Communion at half past nine. Had I not let her go then, she would have waited until vesper-time and then received, because she wanted Jesus and nothing would satisfy or console her but to receive Him in Communion. Moreover I was pleased with her ardent desire and the energy she displayed in carrying it out.

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«Communicate often, as often as possible.»

*St. Francis de Sales.*