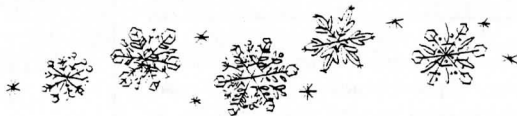
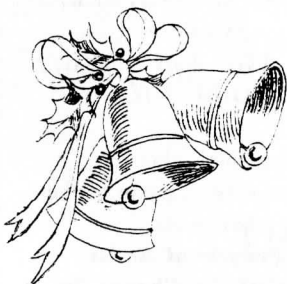


Fly to Him in true repentance

(Canon Vitae Spiritualis)

BE ALWAYS SOLICITOUS LEST THOU OFFEND GOD BY SIN. But yet if thou hast sinned, distrust not His mercy. However many and erroneous may have been thy sins, thou shouldst never despair of pardon. Hast thou fallen? Arise, turn to the Physician of thy soul, and the bowels of His pity will be open to thee. Hast thou fallen again? Again arise, groan and cry out; and the mercy of thy Redeemer will receive thee. Hast thou fallen three, four times, yea oftener? Arise again, weep, sigh, humble thyself; and thy God will not desert thee. He never has despised, nor will He ever despise a contrite heart. He never has rejected and will never reject those who fly to Him in true repentance. If thou cease not to arise, He will not cease to receive thee. Wherefore, if thou shalt have fallen a hundred, yea even a thousand times, within a space of one short hour, do thou arise as many times as thou hast fallen, with the holy hope of pardon; and arising, give thanks to thy Lord, Who has not permitted thee to fall more grievously, or to lie longer in perdition. And even if, after receiving innumerable gifts of grace, thou hast denied thy God (though far be it from thee), and hast trodden under foot His sacraments, do thou humbly acknowledge thy guilt, detest thy wickedness, heartily determine to sin no more, firmly resolve to lead a better life, and feel secure of pardon. For thy malice or thy infirmity cannot be so great as to surpass the mercy of God, which knows neither measure nor limit. God is omnipotent; He remits in one moment innumerable myriads of sins with the facility as one single sin. He is most gracious; He is most willing to spare thee, to be propitious to thee, if thou wilt humble thyself, if thou wilt abstain from sin, and amend thy life. Therefore let not the memory of past sins disturb thee; but let these words of the Apostle console thee: "And such some of you were; but you are washed, but you are sanctified, but you are justified in the name of our Lord Jesus Christ and in the Spirit of our God" (I Cor.) Thou canst not put too much confidence in His Goodness, if only thou dost not abuse it by sinning more easily.



19 + G + M + B + 97

(Blessed Chalk — Epiphany Chalk — is used to write the above lettering over all doors of one's house. Soft chalk is best for writing on varnished surfaces. The priest should bless the chalk on Epiphany Day. The blessing is found in the Roman Ritual.)