ARCHBISHOP'S HOUSE,
WESTMINSTER,
S.W.

Aug 21, 1885

My dear Child,

Never hesitate to write. It does not take up my time.

Can you fast so long as to go to Lambeth for I suppose that to be your nearest Church? If so you may go to communion once.

Be silent as to complaint. I asked my Director had bid me to go to communion and answer no more questions.
Take your Garden of the Soul - read over the preparation for confession & communion: say the "Confiteor," and ask forgive-ness. Say the Act of contrition - Examine yourself carefully on the Petitione "I beseech thee in the heart for they shall see God." Any thing contrary is.

This is a bar to Holy Communion: and this is the point in which many fail.
As to wandering and distractions do not be afraid or cast down.

They are faults only when they are wilful and wilful. They come down when you are in the Presence of God, as flies be upon honey.

Let me hear what you do and how you have succeeded. I pray for you in every mass. Today I offered my communion for you.

God be with you. Always, always yours

A. E. C. A.