My dear Child,

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

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

Be silent as to confession. If asked say my Director has 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 forgiveness. Say the act of contrition. Examine yourself carefully on the Beatitude “Blessed are the pure in heart for they shall see God.” Anything contrary to this is a bar to Holy Communion: and this is the point in which many fail.

As to wanderings and distractions, do not be afraid or cast down. They are faults only when they are wilful—or indulged. They come down when you are in the Presence of God, as flies do 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 affectionately yours.

H.E.C.A.

[Transcription developed by Rosie O’Neill]

[Transcription edited by Jared Beverly]