



*28 July 1878*

### Advice for the Holidays

#### **Saint Marie Eugenie of Jesus**

My dear Daughters,

We are entering holiday time. This time is given to us so that we may rest; but also that we may give ourselves more to the work of our sanctification, since we are less taken up by our ordinary duties.

Let us strive during this period of rest, to be more often in our heart, in our soul, and in our thoughts at the feet of Our Lord in the tabernacle. We shall have fewer troubles and less anxieties; we shall not be preoccupied about correcting this child or influencing that girl, or upholding this teaching, or expounding this particular truth. Let us profit of our rest to become more recollected, more occupied with eternal beauty – always a source of joy and happiness for the soul – and which is its own eternal reward.

St. Augustine, in his homily on St. Martha and St. Magdalene, said that there are two different ways of life, both of them holy. But one ends while the other continues forever. The first is the life in this world, a life of labour, of struggle, of conflict, exemplified by Peter and Martha, who worked in this world to spread the kingdom of Our Lord Jesus Christ. The second is exemplified by St. Magdalene, resting at the feet of Our Lord, listening to His words, a symbol of the life that never ends and which can already share here below in the reward of the holy city.

So then, now that we have less work to do, let us make an effort to enter a little bit more into this life which consists in listening interiorly to the word of God by recollection, by reading the Gospel often, by placing ourselves in spirit near the tabernacle no matter in what place we may be. Some of you will be going to different houses; everywhere you will find the Blessed Sacrament; may your hearts turn spontaneously in this direction, bearing in mind that in doing this you may be able to compensate for the lack of love that He finds in many souls.

We know that, generally, people esteem only the active life, the things which are seen, useful occupations; they look down upon the life which consists in listening to Our Lord Jesus Christ, loving Him, giving Him this consolation of a faithful heart, a heart attentive to Him, a heart on fire with love for Him. Even devout people of the world give little thought to this form of devotion.

For us, whose lives consist in being contemplatives in action, while seemingly at rest, while giving our body the rest it needs, let us direct ourselves more towards this life of contemplation in order to be able to pray better, to gain control of our natural activity and to contemplate Him more, who, within the tabernacle, makes all things work to the good of the elect, in an atmosphere of peace, tranquillity, calm and silence.

It is from the tabernacle where He works at the conversion of souls; there, too, must you stay united in silence and serenity because of the absence of the children and the quiet of holiday rest.

