

**FIRST-FRUITS; A  
SERIES OF SHORT  
MEDITATIONS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649206148

First-fruits; a series of short meditations by Mary Philip

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**MARY PHILIP**

**FIRST-FRUITS; A  
SERIES OF SHORT  
MEDITATIONS**



# FIRST-FRUITS

A Series of Short Meditations

BY

SISTER MARY PHILIP

*Of the Bar Convent, York*

WITH A PREFACE BY

THE REV. J. B. JAGGAR, S. J.

Offer to God with generous heart  
The first-fruits of thy day,  
And thou wilt find with generous hand  
He will thy gift repay.

NEW YORK  
P. J. KENEDY & SONS

1919



## AUTHOR'S NOTE

THESE short meditations have been written with the hope that they may prove suitable for those who, having left our convent schools and training colleges, are entering upon the battle of life. Few, if any, will be able to give, regularly, more than ten minutes or a quarter of an hour to mental prayer each morning; but if this little book help even one soul to give the first-fruits of her day to God, it will not have been written in vain.

Many of the thoughts have been suggested by the hymns of Father Faber and those known as the "Notre Dame Hymns." The verses of the late Sister Mary Xavier of Mount Pleasant, Liverpool, have been freely used with permission. These verses have long been dear and familiar to the writer of *First-Fruits*, who spent all her early years under the care of the Sisters of Notre Dame, and who, in developing the thoughts Sister Mary Xavier's verses have suggested, desires at the same time to acknowledge her gratitude to those to whom she owes so much.

ST MARY'S CONVENT, YORK.

*Feast of All Saints, 1917.*





## PREFACE

THE true life of a Christian is an interior life, one of union by love with Our Father Who is in Heaven. In such a life the function of prayer is to keep ever burning the flame of divine charity, for prayer above and beyond everything is a heart-to-heart intercourse and communion with God. Prayer then, vocal and mental, is an indispensable means for fostering and preserving this love of Our Lord within our souls.

Mental prayer, according to the Venerable Father Da Ponte, is "a work of the three interior faculties of the soul—memory, understanding, and will—exercising by God's assistance their acts about those mysteries and truths which our Holy Catholic Faith teaches; and speaking within ourselves to God our Lord, conversing familiarly with Him, begging of Him His gifts, and negotiating all whatsoever is necessary for our salvation and perfection."

The mysteries and truths of religion will not influence our lives and actions as they should unless with mind and heart we reflect upon them. "A truth meditated on," says Cardinal Newman, "is like a resident whose presence sensibly acts upon his town, and has a practical influence within it. A truth merely understood is like a sudden storm of hail which tears up the surface of the earth a little, but soon runs off and leaves it as parched as it was before. A truth well pondered on is like the rain, which descends softly and slowly, and penetrates deeply, and causes things to spring up." Jesus, His life and virtues, which we have to imitate, will not leave their impress on us unless, like His Holy Mother, "we ponder over all these things in our heart." Saint Teresa even went so far as to assert that one who does not meditate needs no devil to bring him down to hell—he drags himself down; and the Psalmist writes: "Unless Thy law had been my meditation, I had then perhaps perished in my abjection" (Ps. cxviii. 92).

Now no life is so full that a short span of time each day cannot be found—ten minutes or a quarter of an hour—for meditation, and the matter of that meditation should be

chiefly the life of Our Lord Himself, inasmuch as the aim of meditation is to unite us in love with God. "Because by the mystery of the Word made Flesh the new light of Thy brightness hath shone upon the eyes of our minds, that while we behold God visibly, we may, by Him, be carried on to the love of things invisible" (Preface for Christmas Day).

Now girls leaving school and entering into the work-a-day world in which they will meet with not a few dangers and difficulties, need strengthening in the love of God to remain loyal to Him. This present book of meditations, to which these words are written as a preface, is especially designed for them, though all others too may use it with equal advantage. It adequately meets its end. In the first place it covers the whole range of the Christian Faith and the life of Our Lord and Our Lady, as may be seen from the contents. The meditations are not too long, and can be read over easily in a short time. The thoughts are suggested rather than worked out, which is just as it should be, leaving the further development and intimate application to the one who meditates. The thoughts also are fresh, simple, direct, and arresting.