

My dear Sister

I had noticed that you had more trouble than ordinarily in bearing cheerfully the light, sweet yoke of Jesus Christ; but I attributed it to that weakness of our nature, the sad effects of which I myself experience, especially when the weather is bad. Do not be frightened, my Child, of these involuntary sentiments of sadness. Suffer like a true religious those types of interior pains. God, who knows our weakness and sees that we are fighting with his grace, will not allow us to succumb. He will kindly come to our help, like the loving Father he is. Jesus, jealous of your heart, will restore calm to it, as soon as he recognizes that you do not want to consent to anything that on your part can upset its serenity. You are happy, my dear Child, not to have committed the fault in which your corrupt nature involved you, before coming to us. I speak of that taste so contrary to your nature, for being in a contemplative kind of life. Read the treatise on Christian joy, or what Rodriguez says of sadness. These means and a little more bodily exercise will help you. I know that from long experience. Do not dwell either on sad ideas, views about faults committed, etc.; but rejoice in Jesus Christ your divine Spouse who must take the place of everything for you here and in heaven.

Forgive my bad writing; I do not know why I cannot always write passably well.

I am returning the basket, but it is empty. It is not for lack of goodwill; you believe that on the word of

Your very devoted spiritual Father

C. G. Van Crombrughe

Ghent, 12th of Mary's month 1837

It is useless to tell you that I have prayed for you very much and I will still do so.