



Particular Practice for the Month of August.

Frequent and Daily Communion.



IN a previous edition we published the Holy Father's Decree regarding the pious practice of frequent and daily communion among all classes of Christians. To-day we again refer to this important document, enunciating still more clearly its true meaning and lofty purpose, making a short commentary on the Decree, which is in itself a little treatise on Holy Communion and proposing to our readers as particular practice for the month : Frequent and daily communion.

I. Reasons of Frequent Communion.

The Decree begins by recalling the motives making it a duty to approach the holy table frequently, even daily :

a.) Principally because such is the most ardent desire of the Heart of Jesus, who, Himself more than once and in no ambiguous terms pointed out the necessity of eating His flesh and drinking His blood. In the Lord's prayer we are bidden to ask for "our daily bread" our super-substantial "bread as St. Matthew calls it, by which the holy Fathers of the church teach must be understood not so much that material bread which is the support of the body as the Eucharistic bread which ought to be our daily food.

In the sixth chapter of St. John, Our Lord tells us the way whereby we may live of His divine life, is to eat His flesh, intimating that the oftner we do this, the more abundant will this life be : "He that eateth Me shall live by Me." On the other hand He threatens those who will not approach this banquet : "Unless you eat My Flesh, you shall not have life in you."