



HOLY COMMUNION



COMMUNION" is a name appropriately bestowed upon the act of receiving our spiritual nourishment, the food of our holy sacrifice, because it effects a four-fold union, namely, in the first place, a personal union with Christ; secondly, a grace producing union with the Fountain head of all graces. Thirdly a glorious union with Christ in His eternal glory; and fourthly a fraternal union with our fellow Christians. The first effect of holy communion is a personal union with Christ. The catechism: "Holy communion is the actual receiving of the real body and blood of Jesus Christ for the nourishment of the soul." Holy communion is here termed an "actual receiving, to lay stress upon the fact that it is not merely an instructive and grace giving sign by which the soul of man is nourished with the grace of Christ.

No; Jesus Christ Himself, with His divinity and His humanity, is personally received by us in holy communion. A personal union of His human body with our body takes place, and of His soul with our soul — a union of His sacred person with ourselves. And this personal presence of Christ's humanity we enjoy as long as the sacred species of the Blessed Sacrament within us maintain the appearances of bread. According to the common acceptance, a real change in the appearances of