

For the body, one condition only is necessary: to be fasting from midnight (except the sick). Respect for this august Sacrament calls for neatness and cleanliness in dress, modesty and reverence in exterior deportment.

For the soul, two conditions only are necessary:

1. A State of grace: To be free from any willful mortal sin committed since our last good confession.

2. A right and devout intention: namely to approach the Holy Table through love for God or our souls necessities. To spend some time in preparation before and thanksgiving after, always in keeping with the duties of our state, is highly commendable and of the utmost importance.

Nothing else is necessary:

Frequent and daily Communion is then accessible to all. Jesus Christ Himself invites you to frequent Communion by the ardent desire He shows to give Himself to you; our Holy Father, Pius X, invites, urges, entreats you to daily Communion; the Doctors of the Church exhort you to It by their writings; the Saints by their example. The wants of your soul, above all, urge you to frequent Communion.

Then Communicate.

Communicate often.

Communicate daily and rest assured that by nourishing yourself daily with Beauty, Holiness, Purity Itself, your soul will become all holy, all pure, all beautiful; moreover you will give pleasure to Jesus in the Sacred Host, obey the Holy Father, and assure the salvation of your immortal soul.



With Thomas let us vehemently protest our faith and give evidence of it by our self-sacrificing love. Jesus! Thou art my Lord and my God.

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