



## Frequent and Daily Communion.

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Frequent and daily Communion is not an ideal proposed to a few chosen souls, nor above the capacity of any good Christian.

Frequent and daily Communion is the great desire of the Sacred Heart. Jesus only veiled Himself under the form of ordinary every day food-bread, in order that all rich or poor, learned or ignorant, great or humble might frequently eat this food the prolific source of all good, might eat it daily as they do their daily bread.

Frequent and daily Communion is the most ardent wish of the Church. That prudent Mother daily offers the Holy Sacrifice where in Christ Our Lord is immolated, and desires that her children communicate daily when they assist at that Divine Sacrifice.

Frequent and daily Communion is the pressing need of our souls. Amid the never ceasing assaults of the evil one, of our internal and external foes we require strength and refreshment: Holy Communion is the Bread of the Strong, the perennial fount of spiritual refreshment.

Frequent and daily Communion is the normal rule of a true Christian, his absolutely necessary nourishment if he wishes to persevere in God's grace, advance in virtue and save his soul.

For frequent and daily Communion nothing difficult, nothing extraordinary is required.