

After having Communicated, thank Mary for having given you such a substantial nourishment for your soul. Offer to Our Lord the worship and ineffable thanksgiving of the most pure heart of His Blessed Mother.

Our Lady of the Most Holy Sacrament, pray for us. (Indulgence of 300 days, if said before the Blessed Sacrament.)

### ✦ Try it and then Judge ✦



BOYS and girls should approach the Holy Table every day, if possible.

Why should you go often to Holy Communion?

1. Because our Lord Himself counsels daily Communion, as the Pope shows in his decree.

2. Because it was the common practice of the early Christians.

3. Because the council of Trent exhorts us to receive Holy Communion as often as we assist at Mass. "The Holy Synod would desire that at every Mass the faithful who are present should communicate, not only spiritually, by way of internal affection, but sacramentally, by the actual reception of the Eucharist."

4. Because—to quote the words of our Holy Father in the decree—"The desire of Jesus Christ and of the Church, that all the faithful should daily approach the sacred banquet, is chiefly directed to this end, that the faithful, being united to God by means of the Sacrament, may thence derive strength to resist their sensual passions, to cleanse themselves from the stains of daily faults, and avoid those graver sins to which human frailty is liable." In a few words, daily Communion will make us pure, will deliver us from small sins, and preserve us from great sins.