

And many other graces God can attach to that Communion and bestow as reward for that great act according to the dispositions of the recipient. Moreover the soul deprives herself of:

CERTAIN MERITS.

1. Of assistance at the Holy Sacrifice of the Mass, or if assistance at Mass is not possible of the visit to the Blessed Sacrament. A Communion always inculdes other exercises of piety.

2. Of the merit of consoling.

a) The Heart of Jesus present in the Tabernacle to be the soul's food. Our Lord's desire to be thus consoled by Communion, He, Himself disclosed to Blessed Margaret Mary when He said: "You will receive Me as often as obedience allows you."

b) The Immaculate Mother, the virgin Mary so eager to see us receive her Divine Son.

c) Our Angel Guardian who rejoices to see us feed on this Bread of Angels.

3. Of the merit of fully responding to the desires of the Church and its supreme Chief.

4. Of having edified our neighbor and perhaps won some souls to Jesus through the excellence of frequent Communion.

5. Finally: Of the merit of many little victories over self such as overcoming sloth by rising earlier, supererogatory prayers, journey to church, care to keep our soul pure or to purify it, fight against human respect and the apathy of parents, friends etc...

CONCLUSION.

Be determined never to miss a Communion through your own fault. All is therein! Yes truly, all is therein, since therein is Christ the life of our soul.

In concluding we quote Father Lintelo: "Communion is prayer in its highest power, purity in its essence, Faith in its entirety, perseverance in its completeness. Communion is resistance to sin since the Eucharist is at once for the soul, a food, a remedy, and a defence against the assaults of the devil. Communion is heaven assured. 'He who eats my Flesh and drinks my Blood hath eternal life.'"