

He has chosen as a symbol of the Divine Eucharist the manna, that mysterious and daily nourishment of the Hebrew people in the desert. He instituted It "to be the spiritual nourishment of souls, the antidote of daily sins," and under the appearance of bread, our ordinary and daily food. He invites us expressly to nourish ourselves with the „Living Bread come down from heaven.,, He has taught us in the Lord's Prayer to ask for It, calling It,, our daily bread... In fine, the Church, infallible interpreter of the desires of her Divine Spouse, makes known to us in every way how much she desires her children to communicate daily

Jesus Christ loves us to the point of being willing to give Himself to us every day, because He wishes to enrich us with His most precious graces and to deify us by union with and transformation into Himself.

But why do so few souls approach the Divine Banquet frequently or daily?

Some, unhappily, are prevented by mortal sin, which separates them from Him who "is the life." It is with good reason that they recognize themselves unworthy of Holy Communion, since to communicate in such a state would be horrible sacrilege.

Others live in grace; but, absorbed in the things of earth, loving our Lord but little, they prefer to remain in their tepidity; they do not desire to become more fervent by approaching often, still less every day, to the Flame of Love, which is Jesus Christ!

Others, in fine, love Him and would be happy to receive Him often, even daily, in the Sacrament, and even to increase in His love. But they dare not do so, because of certain prejudices and vain fears, which prevent their approach to the Holy Table.

It is to you that I especially address my words. O timid fearful soul! It is for you that I have written this little book. Frankly lay open to me your difficulties and receive the response with a docile heart. While reading, invoke from time to time the Holy Ghost. You will be enlightened, reassured, and you will go with delight to daily Communion, which will soon become all your life and happiness.

(To be continued.)