


tirely to Thy honor and eternal glory, and to supply for my unworthy reparation, and the little devotion which is in me, I offer Thee, that profound humility, charity and purity with which Thy most holy Mother, and all Thy servants approached this Sacrament ; that with which Thy Apostles and all holy Priests drew nigh to Thee ; united to the reparation and love which the Holy Catholic Church offers Thee incessantly. Amen. "



Spiritual Communion

ITS NATURE

LIVE in Me ! " Live in My Love ! " says our Lord Jesus Christ. " He who eats Me will live by me. " By those words our Lord wishes us to understand that living by the Eucharist, through Holy Communion ; we should also live for the Eucharist, that is to say, direct all our thoughts, our actions, our affections towards the Divine Sacrament of His Presence His Love and His Life. " Yes, our Lord, in the Blessed Sacrament, says Father Eymard, " wishes to be the centre of all hearts, and He repeats ; " " Live in Me ; " ... How can we live in the love of our Lord ? By making of this love living in the Eucharist, our centre of life, the only centre of consolation, in pain, in sorrow, in deception ; and in those moments when the heart abandons itself more freely, to cast ourselves on the heart of Jesus. He invites us : " Come to me all ye who labour and are burdened, and I will refresh you. "

After sacramental Communion frequently and lovingly received, nothing contributes so efficaciously as Spiritual Communion, in making Jesus the centre of our life.

In what does Spiritual Communion consist ? The Council of Trent, says, " They communicate spiritually, who nourish themselves by desire, with the heavenly Bread placed before them, receiving the fruit and utility in virtue of their faith accompanied by charity. " Spiri-