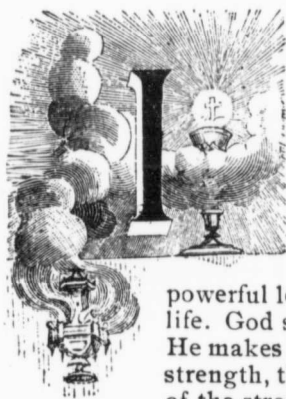




Holy Communion and the Mystical Life

"Mystery of Faith"

(See frontispiece)



It is not the number of our Communions that sanctifies us; it is the fervor with which we approach that gives the Sacrament its full power of action. It is in the highest degree profitable to the soul to communicate with suitable attention and fervor.

This holy Sacrament is a powerful lever of progress in the spiritual life. God stretches out His hand to us. He makes Himself our way, our life, our strength, the milk of the weak, the bread of the strong.

Let us then strenuously reject all systems that would reduce Holy Communion to a mere means useful only to the imperfect; but at the same time let us beware of that odious parsimony which would grant this Bread of Life to souls of only consummate holiness. As is often the case, truth lies between these two extremes. For the Sacrament to have Its full efficacy Our Lord does not require actual fervor of soul, and habitual generosity in the labor of the spiritual life; but it is no less certain that the only indispensable disposition for Holy Communion and for gaining by It an increase of charity is