

Sunday is the Feast of the Holy Family. Listen attentively to the sermon on the...

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..Christian family. Ask in your prayers that you may head a happy family!

To Make The Most Of Holy Communion.

Question: I go to Holy Communion, I hope in the state of grace, and with a good intention. Why don't I get more good out of going. --Ans. Since Holy Communion is a close, transforming union with Christ, the preparation and thanksgiving which foster union with God, at the same time increase the effects of the sacrament within your soul. Here are some suggestions:

1. Do Your Duty.

You strengthen union with God, long before you reach the chapel, by doing your daily duty as well as you can. That's God's clear will in your regard.

Slouching lazily through classes, in an I-don't-care attitude, is not doing your duty. It isn't doing your duty to put off your work to the end of the week, or to the end of the month, or to the end of the semester, so that you can loaf and see movies and gas with your pals. You're old enough to be out working for a living, but your parents are giving you a break. Wake up to it! They are laying down precious money so that you can study and improve yourself, They're not, if you have any doubt about it, merely providing for you to have a good time.

2. Avoid Venial Sin.

The fellow who is ever measuring how far he can go in venial sin, without committing mortal sin, is not developing an intimate friendship with Christ. Deliberate venial sin is a mild insult against God. You don't want any friend to be deliberately insulting you--not even mildly. If you expect intimate favors from Christ, try to avoid venial sin!

3. Take Time To Prepare.

If you can devote over an hour a day to the feeding of your body, why can't you give at least a quarter of that time to the feeding of your immortal soul?

Even while you are walking to the chapel, and especially when you are actually on your knees in Christ's presence, try to realize that Jesus Christ is to come to you, with all the mercy and kindness and love that characterized His life for thirty-three years on earth. If you know anything about His generosity, how can you lack confidence that He will give you all that is best for you?

Can you help but say, "Lord I am not worthy," when you recall that your egotism and pride and waywardness will soon meet His perfect sanctity in the close embraces of Communion? "With desire I have desired to eat this Pasch with you." That is His sentiment. Have you no love to express, no desire to be united to Him--to Him who can enrich you with every blessing and fill every void in your heart?

4. Take Time To Thank Him.

After Holy Communion, the Sacred Species remain incorrupt at least seven minutes within your stomach. Can't you stay with Him, on your knees, those seven minutes, to abase yourself before His infinite majesty, to thank Him for His blessings, for His untiring mercy, to promise Him constant effort at self-improvement? Form a practical, matter-of-fact program for avoiding sin; it will please Him. What virtue are you trying to form? What weakness or vice are you fighting? Have you anything to say to Him about it? Have you nothing to ask for your mother and father, your brothers and sisters, your living and dead relatives and friends? What about your studies? Health? A good wife? A pleasing personality? --You cannot be thoughtless and heartless and effortless in your Holy Communions and expect to get the most out of them!

PRAYERS: (deceased) uncle of Tom Condon (Corby). Ill, brother of Joe Schilling (Corby).