

"If Thou Didst Know The Gift Of God." --John 4, 10

Frequently during His public life Our Lord gave thanks to His heavenly Father for all His benefactions. With all His soul He thanked Him for having revealed the mystery of the Incarnation to little ones.

Thanks giving is one of the four purposes of sacrifice. It is likewise an expression of gratitude for gifts received. After the miraculous cure of the ten lepers, only one returned to give thanks. "And where are the other nine?" Christ asked.

Thanksgiving after Holy Communion is the most intimate time of your spiritual life. Until the sacred Species cease to be, Christ, Body and Blood, Soul and Divinity, remains within the communicant. It is only during this period too that he is united with the Sacred Humanity. The glorified Christ lives as truly within the communicant as He really lives in heaven, adored by the heavenly hosts.

Christ speaks only to those who listen. But how can one listen if he hurries out of the chapel after a hasty thanksgiving? The sacramental action of the Eucharist is not the action of a pill producing biological change in the stomach. A pill reacts on the digestive processes whether one is conscious or asleep. On the other hand, the Eucharistic Food will not produce its full effect, its spiritual transformation, unless the recipient is awake, well disposed, communes with Christ living within him.

When You Miss This "Gift of God."  
(ONE Holy Communion)

1. You miss a personal visit with Jesus: "He that eateth My flesh and drinketh My blood abideth in Me, and I in Him."
2. You miss a special increase in divine life. St. Thomas explains: "This sacrament does for the spiritual life all that material food does for the bodily life, namely, by sustaining, giving increase, restoring, and giving delight."
3. You lose forever a particular quota of sacramental grace, which entitles you to special help in time of temptation and in the fulfillment of daily duties.
4. You lose a special secondary effect whereby through this increase in divine life the fires of concupiscence may be diminished.
5. You lose a precious opportunity of having all your venial sins wiped away and of having remitted a part, or all, of the temporal punishment due to sin.
6. You miss the opportunity of increasing the effectiveness of all the infused virtues and Gifts of the Holy Ghost which grow in the soul with an increase in sanctifying grace.
7. You miss the opportunity to repair the damages done to your soul caused by habits of sin.
8. You lose the spiritual joy, the peace and comfort that come from fervent Holy Communion and integral participation in the Sacrifice of the Mass.
9. You lose the greater degree of glory you would possess in Heaven for all eternity. For increasing sanctifying grace increases your capacity for beatific bliss.
10. You may lose complete victory over some fault or passion, some particular grace long prayed for, the conversion of some soul, deliverance of a relative or friend from Purgatory, etc.

Now the question: Does your body need the few extra minutes sleep more than your soul needs the extra graces of daily Mass and Holy Communion?

Prayers: Mr. R. Michael Fox; Mr. Steve Vavul. Injured: mother of Jack Body (How). Ray Espernan desperately needs your prayers. Condition is critical. Pray!