

with Himself as the body with the head. He is not content with showing Himself to us. He puts Himself into our hands, into our mouth mingling His substance with our substance that we may become one spirit with Him.

The Curé of Ars and the Holy Eucharist
(compiled by Abbé H. Convert)

A Vision Of Jesus And Mary

Blessed Angela of Foligno was one day, early in the morning, in the church saying her prayers, when she had a vision, which she herself relates in the following words: "I was wrapped in spirit, and I beheld Our Blessed Lady enter the church. My soul was filled with intense joy when I saw her, but for a time I was afraid to go near her. But Our Lady, seeing my hesitation, held out to me the Holy Child Jesus, saying: O thou who lovest my Divine Son so much, come and take Him from me."

"She then placed Him in my arms. He seemed to be asleep, for His eyes were shut. Then she sat down as if she were fatigued after a long journey. She looked so lovely as she sat beside me that I could scarcely withdraw my eyes from her to look at her Holy Child whom I was pressing to my breast.

"At this moment Jesus opened His eyes and looked lovingly on me; this look filled my soul with so much joy that I would have died on the spot had He not sustained me by His divine power. He then said to me: I have come to you, and have presented Myself before you that you may offer yourself to Me. Immediately I did as He desired, and I knew that the offering was pleasing to Him."

In Holy Communion Jesus comes and places Himself, not on our arms nor on our

breast, but in our very hearts, and becomes so closely united to us as to become one with us.

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Charlotte Hildebrandt
Our Lady of Sorrows – Vestal, NY

Helen Wermers
Shrine of St. Therese -- Pueblo, CO

Mitzi Evans
St. Joseph -- Pueblo, CO

Ed Skerjenc
Shrine of St. Therese -- Pueblo, CO

Francis Mary Martinez
Holy Family -- Pueblo, CO

Joe Grant
Christ The King – Omaha, NE

Kathleen Maher (long time member)
St. Patrick's -- Yorktown Heights, NY

Bernice A. Parella (90 yrs. old)
Our Lady of Mt. Carmel – Bristol, RI

Each month, a Mass is offered for deceased members listed in the monthly letter; and another Mass is offered for all past deceased members.

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My Dear Friend in Christ, Could you please help with the printing and mailing of these letters with a donation? Thank you. God bless you and Mary keep you.

Paul H. Monette

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Communion Thanksgiving: Jesus sits in our soul as on a throne of grace. St. Alphonsus di Liguori

NAS Letter
October
2024

... in His Presence

The Union of the Soul with Jesus in Holy Communion

Principal Effect of Love:

St. Dionysius the Areopagite says that the principal effect of love is to tend to union. For this very purpose did Jesus institute the Holy Communion, that He might unite Himself entirely to our souls. He had given Himself to us as our master, our example, and our victim; it only remained for Him to give Himself to us as our food, that He might become one with us; as food becomes one with the person that eats it.

Last Degree of Love:

This He did by instituting this Sacrament of love: "The last degree of love" (says St. Bernadine of Sienna) "is when He gave himself to us to be our food; because He gave Himself to be united with us in every way, as food and He who takes it are mutually united."

Desire for Complete Unity:

So that Jesus Christ was not satisfied with uniting Himself to our human nature; but He would, by this Sacrament, find a way of

Please take and keep this letter and reflect on its contents during the month in your visits to the Blessed Sacrament and see that your heart and mind will open to His grace into knowledge and love of God, Our Lord, Jesus Christ.

uniting Himself also to each one of us, so as to make Himself wholly one with him who receives Him.

Jesus Most Loving:

Hence St. Francis de Sales writes: "In no other action can Our Savior be considered more tender or more loving than in this, in which He, as it were, annihilates Himself, and reduces Himself to food, that He may penetrate our souls, and unite Himself to the hearts of His faithful."

Also One Heart With Jesus:

Because Jesus loved us ardently, He desired to unite Himself to us in the Holy Eucharist, in order that we might become the same thing with Him; thus writes St. John Chrysostom: "He mingled Himself with us that we might be one; for this belongs to those who love greatly." You wish, in short, O God of love, that our hearts and Yours form but one heart. "Thou wouldst that we should have one heart with Thee," said St. Laurence Justinian.

Actual, Real Binding With Jesus Christ:

And Jesus Himself said this: He that eateth My flesh abideth in Me, and I in him. (John, vi. 57) He, therefore, that communicates, abides in Jesus, and Jesus abides in him; and this union is not of mere affection, but it is a true and real union. As two wax tapers, when melted, says St. Cyril of Alexandria, unite themselves into one, so he that communicates becomes one with Jesus Christ.

Remain Constantly United:

Let us, therefore, imagine, when we communicate, that Jesus Christ says to us that which He said one day to his beloved servant, Margaret of Ypres: "Behold, O my daughter, the beautiful union between Me and thee; come, then, love Me, and let us remain constantly united in love, and never more be separated."

Affections and Prayers.

Holy Desire:

O my Jesus, this is what I seek of Thee, and what I will always seek for from Thee in the Holy Communion: "Let us be always united, and never more be separated."

Apprehension:

I know that Thou wilt not separate Thyself from me, if I do not first separate myself from Thee. But this is my fear, lest I should in future separate myself from Thee by sin, as I have done in times past.

Reflection & Contrition:

O my blessed Redeemer, permit it not "Suffer me not to be separated from Thee." As long as I am alive, I am in danger of this; oh, through the merits of Thy death, I beseech Thee let me die, rather than repeat this great injury against Thee.

Holy Support:

I repeat it, and pray Thee to grant me Thy grace always to repeat: "Suffer me not to be separated from Thee; suffer me not to be separated from Thee."

Resolve:

O God of my soul, I love Thee; I love Thee, and will always love Thee, and will love Thee alone. I protest before heaven and earth that I desire Thee alone, and nothing but Thee. O my Jesus, hear me; I desire Thee alone, and nothing but Thee.

Intercession to My Mother, Mary:

Mary, Mother of mercy, pray for me now; and obtain for me the grace never more to separate myself from Jesus, and to love only Jesus.

The Holy Eucharist by St. Alphonsus Liguori

Closely United To Jesus by Holy Communion

Extreme Intimacy:

"Holy Communion is a union so close that Christ Himself said to us.: *He that eateth my flesh and drinketh my blood abideth in me and I in him: my flesh is meat indeed, and my blood is drink indeed;* so that by Holy Communion **the adorable Blood of Jesus Christ really flow in our veins, and His Flesh is truly mingle with ours.**" We are united to His person, His divinity, and His whole power, as food is to our flesh.

Transformation – Beautiful & Unbelievable:

Better still, after Communion the divinity of Christ still dwells in our soul as heavenly food; and the soul in its turn dwells in the divinity of Christ as in an immortal and life-giving food, or rather in the heart of life itself; and this divine life ceases not to fill, penetrate, and curb us by the influence of habitual grace, holy inspirations, and good impulses, the object of them all being to transform us into Christ.

Unsearchable Happiness:

St. Paul well expresses this union when he says: *And I live, now not I, but Christ liveth in me.* It is no more I who act and think, but Christ who acts and thinks in me. O unspeakable happiness! "No, only in heaven shall we understand it. O my God, a creature enriched with such a gift!"

Bound With Christ – Example:

"He who receives Jesus Christ in Holy Communion." says St Cyril, "is so united to Him that they are like two pieces of melted wax, which end by becoming one piece."

By Communion, indeed, Jesus Christ makes us all His own body, and identifies us