

a hearth-cake, and a vessel of water: and he ate and drank, and he fell asleep again.

"And the angel of the Lord came a second time, and touched him, and said to him, Arise and eat: for thou hast yet a great way to go. And he arose, and ate, and drank, and walked in the strength of that food forty days and forty nights, unto the mount of God." (3 Kings xix.)

My child, the food that Elias ate is a symbol of the Divine Eucharist, which feeds our souls in the wilderness of this world, and enables us to reach the true mountain of God, which is Heaven. Let us, then, at God's command, often eat of it, that we may receive the strength that will bring us to Heaven.

Jesus Desires To Be With Us

One day Jesus appeared to a nun of the Order of St. Clare to exhort her to go frequently to Communion. "If thou wilt receive Me often in Holy Communion," said He, "I will forget all thy ingratitude towards Me."

Beautiful Words of St. Mechtildes

St. Mechtildes used to say: "If Christians only knew the immense treasure they possessed in the Holy Eucharist, and all they could obtain by going to Holy Communion, their joy would be so great that earth would be changed for them into Heaven itself; they would go in crowds to the Holy Table every day, and with hearts overflowing with love."

The Catechism in Examples by Rev. D. Chisholm

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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(Please send donations to: NAS, 414 Westberry Dr., Rapid City, SD 57702)

Please Pray for Our Deceased Members

Robert J. Bronder

St. Margret of Scotland –Pittsburg, PA

Mario Buccaran

Most Precious Blood -- Long Island City, NY

Anthony Como

Our Lady of Mt. Carmel -- Bristol, RI

Mildred A. Mettimano

St. Andrew the Apostle -- Drexel Hill, PA

Alex Johnson

Christ the King – Rochester, NY

Richard McGill - (>50yrs, president 20+ yrs.)

St. Patrick – Elmira, NY

Theresa A. Schmidt

St. Mary Help of Christians – St. Augusta, MN

Warren L. Rose

Shrine of St. Katherine Drexel -- Columbia, VA

Nina Ricciardi

St. Patrick – Yorktown Heights, NY

Jeanne Lynch

St. Patrick – Yorktown Heights, NY

Dorothy Rolfes

St. Patrick – Yorktown Heights, NY

John Foley

St. Patrick – Yorktown Heights, NY

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

**NAS Letter
November
2024**

... in His Presence

The Eucharist: Greatest Gift of Love

Love Incomprehensible:

Jesus, knowing that His hour was come, that He should pass out of this world to the Father: having loved His own who were in the world, He loved them to the end. (John, xiii, 1) **Jesus**, knowing that the hour of His death was come, desired to leave us, before He died, **the greatest pledge of His affection that He could give us; and this was the gift of the most Holy Sacrament: He loved them to the end**, which **St. John Chrysostom** explains, "He loved them with extreme love." He loved men with the greatest love with which He could love them, by giving them His whole self.

Last Proof of Love:

But at what time did Jesus institute this great Sacrament, in which He has left us Himself? On the night preceding His death: *The same night in which He was betrayed* (writes the Apostle), *He took bread; and giving thanks, broke and said, Take ye and eat; this is My Body.* (1 Cor. xi. 23) At the very time that men were preparing to put Him to death, **He gave them this last proof of His love.**

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.

Given Just Before His Death:

The marks of affection which we receive from our friends at the time of their death remain more deeply impressed on our hearts; for this reason did Jesus bestow on us this gift of the Blessed Sacrament just before His death.

Gift of Love – Love of Loves:

With reason, then, did St. Thomas call this gift "a sacrament and pledge of love;" and St. Bernard, "the love of loves;" because in this Sacrament Jesus Christ united and accomplished all the other acts of love which He had shown us. Hence St. Mary Magdalene of Pazzi called the day on which Jesus instituted this Sacrament "the day of love."

(The Great Love which Jesus Christ has shown us in the Blessed Sacrament.)

Affections and Prayers:

Indifference:

O infinite love of Jesus, worthy of being loved with a like infinite love! Thou, my Lord, dost love men so much; how is it, then, that men love Thee so little in return? What more couldst Thou do to make Thyself loved by them?

Please Teach Me - O Lord:

O my Jesus, Thou art so amiable and so loving; make Thyself, I pray Thee, known; make Thyself loved.

When shall I love Thee as Thou hast loved me? Oh, discover to me more and more the greatness of Thy mercy, in order that I may burn ever more and more with Thy love, and always seek to please Thee.

Contrition:

O beloved one of my soul, would that I had always loved Thee! Alas, there was a time when I was so unthoughtful of Thy grace and Thy love!

I am consoled by the sorrow which I feel for it, and I hope for pardon through Thy promise to forgive him that repents of his sins.

Holy Desires:

To Thee, O my Savior, do I turn all my affections; help me, through the merits of Thy Passion, to love Thee with my whole strength. Oh, that I could die for Thee, as Thou didst die for me!

Mary, my Mother, do thou obtain for me the grace hence forth to love God alone.

The Holy Eucharist by St. Alphonsus de Liguori

By virtue of your Immaculate Conception, O Mary, keep my body pure and my soul holy.

Blessings Receiving Our Lord In Holy Communion

HOLY COMMUNION is a force which gives us powerful assistance in attaining goodness, virtue, and holiness.

Jesus Himself forms His likeness within us. He becomes our own Teacher.

By the inspirations of His love, He awakens

1. the gratitude we owe Him as our Benefactor,
2. the desire to resemble Him,
3. a foretaste of the happiness which lies in imitating Him
4. and drawing our life from His.

The learning of virtue through Communion:

Humility – when we see the God of glory come to a heart so poor, a mind so ignorant, a body so miserable!

Kindness – when we are moved by the loving-kindness of Jesus in giving Himself to us in the goodness of His Heart!

Charity - How beautiful in our sight is our dear neighbor when we see him seated at the same divine Banquet,

loved so generously by Jesus Christ!

Blessings Received In Suffering - How sweet do penance, self-mortification, and sacrifice become when we have received the crucified Jesus! And with what urgency we feel the need of embracing the life of Him Who saved us, of Him who gave us the Holy Eucharist!

United and Bound:

Communion is the divine mold of Jesus in our souls and in our bodies. Jesus says: "He who eateth My Body and drinketh My Blood abideth in Me, and I in him." So does Jesus live in the communicant, and the communicant in Jesus;

1. it is a joining of two lives,
2. an ineffable union of love,
3. one and the same life in two persons.

Holy Communion by St. Peter Julian Eymard

Elias In The Desert

The prophet Elias was persecuted by the wicked Queen Jezabel, because he foretold, in the Name of God, the evils that were to befall her on account of her sins. She at last became so angry that she threatened to take away his life.

When the prophet heard this, he left the city and went into the wilderness, that he might escape death. At the end of the first day's journey he was very weary and hungry, for he had eaten nothing all that day, and the sun's rays had been falling on him since the morning, so he sat down under a tree, and said to God: "My God, I cannot go any farther: let me die."

When he had said this, "behold an angel of the Lord," says the Scripture, "touched him, and said to him, Arise and eat. He looked, and behold, there was at his head