

## The Angels And The Flowers

While Blessed Robert was Abbot of Clairvaux, there lived in that house a brother called Guicard. He had spent his days in piety and in loving God, and now the time had come when God was to take him to Himself to reward him in Heaven.

On the night of his death the Abbot had as usual retired to rest, but while he lay asleep he had a vision. Two young men of the most beautiful aspect, whose countenances and raiment shone with dazzling light, entered the church of the monastery and began to strew the pavement with lilies, roses, violets, and other flowers of great beauty and sweet fragrance, so that the whole floor was made very beautiful by their varied colors, and the church filled with the odor of their perfume.

The Abbot, seeing them doing this, said to them: "My good young men, why is it that, contrary to our custom, you have thought fit to strew the pavement with these flowers, and thus to introduce a novelty into our monastery?"

They answered: "Do not wonder at what you see us doing, and do not hinder us in the execution of the work we have been sent to do, because there is to be celebrated here, in this church, a new festival of a certain Saint, on account of whom the angels in Heaven rejoice and a hymn is sung to the Lord in Zion."

And as they were saying these words the solemn sound of the bell announced to him that one of the brethren was at the point of death. So he arose from his couch and found that Brother Guicard was dying. With great devotion he made the recommendation of his soul, and when he was dead he related to the rest of the brethren the vision he had seen that night. They were filled with great joy at these tidings, for they knew that it was for him the angels had been preparing the church,

and that the soul of their departed brother was already in the possession of eternal bliss.

Such also is the happy end of all those who, during life, love God. The Body and Blood of Jesus Christ preserves them from death; and when the time of their exile is ended the angels come down from Heaven to lead their new companions to the joys they themselves possess.

My child, how sweet it is to die when one has loved God, and has preserved the life of his soul by partaking of that life-giving food, the Holy Eucharist. This has been the experience of all the Saints; may it one day be yours also!

*The Catechism in Examples* by Rev. D. Chisholm

### Please Pray for Our Deceased Members

**Ms. Regina Cyookshank**  
Our Lady of Fatima -- Winston-Salem, NC  
**Mary Beal**  
St. Mary -- Milford, CT

*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.

*Teresa Burkard*

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

**NAS Letter**  
**May**  
**2025**

**... in His Presence**

## Effects and Blessings of Holy Communion

All the Fathers teach us that by the reception of Jesus Christ in Holy Communion we receive thousand fold blessings for time and eternity. We should desire ardently to receive Holy Communion on account of the excellent effects which it produces within us. These effects are:

1. **unites us most intimately with Jesus Christ,**
2. **weakens our inclinations to do evil,**
3. **strengthens the life of grace within us, and**
4. **is for us the foundation and the pledge of eternal life."**

### Unites Us With Jesus Christ:

1. **Holy Communion unites us most intimately with Jesus Christ.**

This union is so intimate that Jesus Christ Himself says: "**He that eateth my flesh, and drinketh my blood, abideth in me, and I in him, for my flesh is meat indeed; and my blood is drink indeed.**"

*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.*

Consequently, upon receiving Holy Communion,

- a.) the adorable blood of Jesus Christ really flows in our veins,
- b.) His flesh is really blended with ours;

and for this reason St. Paul says: "It is not I who acts and thinks, but Jesus Christ acts and thinks in me. I do not live but Christ liveth in me."

### Weakens Our Inclination To Evil:

2. Holy Communion weakens our inclination to evil. It is very easy to perceive this.

- a.) The most precious blood of Jesus which flows in our veins, and His adorable body which is blended with ours, must necessarily destroy, or at least weaken greatly, our inclination to evil, produced in us by Adam's sin.
- b.) It is certain that after receiving Holy Communion we feel a new desire for heaven and a fresh contempt for material things.
- c.) How can pride enter into a heart which has just received a God Who, by His entrance into this heart, has abased Himself unto self-privation?
- d.) Would not a heart having received a God so pure, indeed holiness Himself, feel the greatest horror of the sin of impurity?
- e.) Would a Christian having received Jesus Christ, Who died for His enemies, wish harm to those who have offended him?

Certainly not: it would give him pleasure to do good to them as much as lay in his power. Therefore, St. Bernard said to his monks: "My sons, when you feel less inclined to evil and more inclined to good, thank Jesus Christ Who has granted you this grace in Holy Communion."

### Abundance of Graces:

3. By receiving Jesus Christ in Holy Communion we receive an abundance of graces;

- a.) we receive the source of every blessing.
- b.) We feel our faith strengthened, and
- c.) are more thoroughly impregnated with the truths of our holy religion;
- d.) we realize more clearly the enormity and the danger of sin;
- e.) the thought of judgment frightens them more;
- f.) the misfortune of the loss of God is more perceptible to them.
- g.) In Holy Communion our courage is fortified;
- h.) we are strong to combat,
- i.) our actions are guided by purer motives,
- j.) our charity increases more and more.

The thought that we carry Jesus in our hearts, the rapture which we experience at that blissful moment, unites and binds us so much with God that our heart thinks of and desires but God alone. This, dear brethren, is one of the effects which Holy Communion produces in us, if we are so happy as to receive Jesus Christ worthily.

### Pledge of Eternal Life

4. Holy Communion is a pledge to us of eternal life;

- a.) that is to say, Holy Communion endows us with the expectation of heaven, with an assurance that heaven will one day be our abode.
- b.) Moreover, Jesus Christ will cause our bodies at the resurrection to appear the more glorious the oftener we have received Him worthily.

If we really knew how to appreciate the greatness of this happiness, we should not care to live unless we were allowed to receive Jesus Christ as our daily food.

We should consider all created things as not worth having;

we should despise them, and give ourselves to God alone, and our aim would be to become daily more worthy to receive Him.

If such are the happiness and blessings, resulting from the worthy reception of this Sacrament, should we not strive to make ourselves worthy of receiving it frequently?

*Sermons of St. Jean Baptiste Vianney*

### *Institution of The Eucharist*

How good is the Lord Jesus! How loving! Not satisfied with having become our Brother by His Incarnation and our Savior by His Passion, not satisfied with having delivered Himself up for us, He wants to strain His love to the point of making Himself our Sacrament of life!

With what joy He prepared this great and supreme gift of His love!

With what happiness He instituted the Eucharist and bequeathed it to us as His last will!

Let us observe this divine wisdom at work preparing the Eucharist. Let us adore His power, exhausting itself in this act of love.

*The Real Presence – St. Peter Julian Eymard*

### *Holy Communion: Pledge Of Eternal Life*

My dear friend in Christ, every time you go worthily to Holy Communion you receive from God a new pledge of eternal happiness for the life to come, for Jesus Christ says: "He that eateth My flesh and drinketh My blood abideth in Me and I in him; and I will raise him up at the last day." This should excite in you a desire of going often to this heavenly banquet, that you may make your salvation more and more secure.