

Humbert's Story

Humbert, a member of the Order of St. Dominic, relates that a certain religious, who was dead, appeared to one of the brethren of the same Order in the midst of great glory. He led him forth from his cell, and showed him in a vision a great multitude of men clothed in white garments, and surrounded with dazzling brightness. They all carried crosses on their shoulders, and were walking towards Heaven. Their crosses were very beautiful, but seemed heavy, and they found it difficult to carry them.

Then he showed him a **second procession**, in which walked men also clad in white, but much more glorious than the first. They also carried crosses, but these were still more beautiful and rich, and they carried them in their hands without appearing to be fatigued.

Finally, there came a **third procession**, but it was incomparably more beautiful than the other two. All the crosses were brilliant like the noonday sun, and instead of these men carrying them on their shoulders, or in their hands, each one of them had by his side an angel who carried his cross for him, so that they were all able to walk with the utmost freedom and joy.

The religious asked his companion what was meant by these three processions. He answered:

All the men whom you have seen are true Christians, who are working out their salvation by following Jesus crucified.

Those whom you saw bearing their crosses on their shoulders, and walking with some difficulty, represent those who have given themselves to God in an advanced age.

The second procession represents those who took up the yoke of Jesus Christ in their youth;

but the last, who walked so joyfully and so easily, are those who from their earliest childhood have consecrated themselves to God by the practice of good works, and by renouncing all the vanities of the world.

So, my child, from, the day of your First Communion, consecrate yourself, soul and body, to Jesus, that you may be able to carry your cross more easily.

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Margaret M. Ethier

Holy Trinity Church Cohoes, New York Area

Michael Muldoon

St Patrick Parish Yorktown Heights, NY

Fr. Robert Holz

St Raphael Church East Meadow, 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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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
October
2025**

... in His Presence

Holy Communion

Soul Disposition for Holy Communion

Cardinal Bona asks where does it happen that so many souls, after so many Communion, make so little advance in the way of God? and he answers: "*The fault is not in the food, but in the disposition of him who eats it;*" that is to say, in the want of due preparation on the part of the communicant. Fire soon burns dry wood, but not that which is green, because the latter is not fit to burn.

The saints derived great profit from their Communion, because they were very careful in their preparation for it.

Preparation for Holy Communion:

There are two principal means which we should endeavor to obtain in order to prepare ourselves for Holy Communion and derive the greatest fruit.

1. Detachment:

The **first** is, detachment from creatures, by driving from our heart everything that is not of God and for God. Although the soul may be in a state of grace, yet if the heart is occupied by

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.

earthly affections the more there is of earth in the soul, so much less room will there be for divine love.

St. Gertrude once asked Our Lord what preparation He required of her for Holy Communion, and Jesus answered her: "I require none other from thee than **that thou shouldst come to receive me void of thyself.**"

2. Love for Christ:

The second thing that is necessary in order to reap the greatest fruit from Communion is, the **desire to receive Jesus Christ with the view of loving him more.** Gerson says that at this banquet none are satiated but those who feel great hunger.

Hence St. Francis de Sales writes, that the principal intention of a soul in receiving Communion should be to **advance in the love of God. "Our Lord should be received for love, Who out of pure love alone gives Himself to us."**

And therefore Jesus said to St. Mechtilde: "**When thou art going to communicate, desire all the love that any soul ever had for Me, and I will receive it according to thy desire, as if it were thine own.**"

Thanksgiving after Holy Communion

It is also necessary to make a thanksgiving after Communion. **There is no prayer more dear to God than that which is made after Communion.** We must occupy this time in **acts of love and prayers.**

1. Acts of Love:

The **devout acts of love** which we then make **have greater merit in the sight of God** than those which we make at other times, because they are then animated by the presence of Jesus Christ, who is united to our souls.

2. Prayers: (our soul)

And as to prayers, St. Teresa says that **Jesus, after Communion, remains in the soul as on a throne of grace,**

(*Our Lord's Goodness and Kindness*)

and says to it: (our soul)

What wilt thou that I should do for thee?

Soul, I am come from heaven on purpose to bestow graces upon thee; ask me what thou wilt, and as much as thou wilt, and thou shalt be heard.

Oh, what treasures of grace do they lose who pray but a short time to God after Holy Communion!

Affections and Prayers

Persistent Love of God:

O God of love, dost Thou, then, so much desire to dispense Thy favors to us, and yet are we so little anxious to obtain them?

Contrition:

Oh, what sorrow we shall feel at the hour of death, when we think of this negligence, so pernicious to our souls!

Resolve for Preparation:

O my Lord, for the future, with Thy help, I will prepare myself better, by endeavoring to detach my affections from everything that prevents me from receiving all those graces which Thou desirest to bestow upon me.

Holy Desire to Love Our Lord:

And after Communion I will lift up my heart to Thee as much as I can, in order to obtain Thy help that I may advance in Thy love. Oh, grant me grace to accomplish this.

O my Jesus, how negligent have I since been in loving Thee!

Reparation -- End My Life Loving You Lord:

The time which Thou in Thy mercy mayest

yet allot to me in this life, is the time to prepare myself for death, and to make amends by my love for the offences I have committed against Thee.

I will spend it entirely in lamenting my sins and in loving Thee.

Love Poured Out:

I love Thee, my Jesus, my love; I love Thee, my only Good; have pity on me, and do not forsake me.

Invoking Mary, My Mother:

And thou, O Mary, my hope, do not cease to help me by thy holy intercession!

Holy Eucharist by St. Alphonsus de Liguori

Acts After Communion

How sad it is to see so many people forget so soon the infinite blessing they have been the objects of by receiving Jesus into their souls; they scarcely even thank Him for it. But you will be very different from them: you will not only **thank Him for His goodness** in coming into your soul, but you will also **make the offering to Him of your whole being** since He has given Himself entirely to you.

Say to Him, then, with all the sincerity of your soul:

"O Jesus, receive my poor offering.

Thou hast given Thyself to me; now **let me give myself to Thee.**

I give Thee my body, that it may be **chaste and pure.**

I give Thee my soul, that it may be **free from sin.**

I give Thee my heart, that it may always **love Thee.**

I give Thee every breath that I shall breathe, and especially my last.

I give Thee myself in life and in death, that I may be **Thine for ever and ever."**