

Consecrating the ordinary...

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**"Our life must reach out toward the Infinite,
and from that source we must draw whatever we can expect
of merit and dignity." - Bl Contardo Ferrini**



"Then the sacred moment arrives when we receive our Lord and are united with Him. The moment itself is fleeting; it takes just a quick swallow, a short turn, and we walk back to our seats.

To transform this ordinary routine... At the moment of communion, we could use some mental or vocal aspiration such as that of St Francis de Sales:

Who am I, Lord, and who are you?

or perhaps that of St Elizabeth:

***Where does this blessing come from -
that my Lord should come to me?*** (Luke 1:43)

or that of St John the Evangelist:

Yes, come, Lord Jesus. (Rev 22:20)

...the actual thought or saying can be anything that helps us to **focus** on the **moment** immediately before us."

Fr Thomas F Dailey, O.S.F.S.

*Excerpt from book: Live Today Well,
St Francis de Sales's Simple Approach to Holiness (2015)*