

# Never lose a Communion...

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**“There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.” – St John Vianney**

“...try to participate every day in the sacrifice of the Mass. Remember that **Mass is both Christmas and Calvary.** ... Where you have the Blessed Sacrament, there you have the living God, the Savior, as really as when He was living in Galilee and Judea, as really as when He is now in heaven.

Never lose a Communion by your own fault. Communion is more than life, more than all the goods of the world, more than the entire universe. It is God Himself, it is Jesus. **Can you prefer anything else?** If you love Jesus sincerely, can you willfully lose the grace of His coming within you? **Jesus asks you to love Him with all the energy and the simplicity of your heart.”**

*Ven Charles de Foucauld (+1916)*



**Still looking for that 'perfect' Christmas gift? Invite someone to holy Mass!**