

Communion rail: place of exchange...

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So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing in thankfulness. -

Colossians 2: 6,7



**"The communion rail is a
place of exchange.**

The people give time and receive eternity;
they give self-denial and receive life;

they give nothingness and receive all.

**Holy Communion commits
each to a closer union
not only with Christ's life,
but also with His death:**

to greater detachment from the world,
to surrender of luxuries for the sake of the poor,
to death of the old Adam for rebirth in Christ, the new Adam.”

Ven Fulton Sheen

From The Priest is Not His Own (1963)

Excellent read

Consider committing to **daily Mass** -
the **dividends** are **generous** and **sure!**