

It signifies love, it produces love...

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As a 4th century homily rightly reminds:

"The Lord's Day is the lord of days."

Also remembering today - *St Thomas Aquinas...*

"The Eucharist is the sacrament of love:

it signifies love, it produces love." - St Thomas Aquinas



"The Sacrament of the Body of the Lord
puts the demons to flight,
defends us against the incentives to vice and to
concupiscence, cleanses the soul from sin,
quiets the anger of God,
enlightens the understanding to know God,
inflames the will and the affections with the love of God,
fills the memory with spiritual sweetness,
confirms the entire man in good,

frees us from eternal death,
multiplies the merits of a good life, leads
us to our everlasting home,
and re-animates the body to eternal life."

St Thomas Aquinas

Italy ~ 1225-1274

Dominican monk, Doctor of the Church

Theologian, philosopher, professor

Prolific writer, Hymn composer

FEAST DAY - January 28

"**Material food** first changes into the one who eats it, and then, as a consequence, restores to him lost strength and increases his vitality. **Spiritual food**, on the other hand, changes the person who eats it into itself. Thus the effect proper to this Sacrament is the conversion of a man into Christ, so that he may no longer live, but Christ lives in him; consequently, it has the **double effect** of restoring the spiritual strength he had lost by his sins and defects, and of increasing the strength of his virtues." ~ St Thomas Aquinas, *Commentary on Book IV of the Sentences*, d.12, q.2, a.11

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"Beware the man of one book." - *St Thomas Aquinas*

St Thomas Aquinas, pray for us!