

Sacrament par excellence

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Grace and peace be yours in abundance. ~ I Peter 1:2b



"Of all the sacraments none is more health-giving , for by It sins are washed away, virtues are increased, and the soul is fed with an abundance of all spiritual gifts. It is offered in the Church for the living and the dead, that all may profit by that which was instituted for the salvation of all. ... no words suffice to describe the sweetness of this Sacrament, in which spiritual delights are tasted at their very source ... "

St Thomas Aquinas