

# Friends of the King...

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**“The Eucharist is the visible manifestation  
of the generosity of God.” - Fr Raniero Cantalamessa**

**“Beneath the accidents of bread,  
Jesus is accessible –**

if the King disguises Himself, we can converse with  
Him without ceremonies and court etiquette: indeed  
He seems to have waived His claim to them by  
appearing incognito.

**Take pleasure in remaining in His society:**

do not lose such precious time, for this hour is of the  
utmost value to the soul, and the good Jesus desires  
you to spend it with Him.

**When you have received our Lord,**

since He really dwells within you, try to close the  
eyes of your body and to open those of your soul;  
look into your heart. ... He will reveal Himself to you,  
in proportion to the desire you have of seeing Him.

...

He will not show Himself openly or reveal His glories  
or bestow His treasures, save on souls who prove  
that they ardently desire Him,  
**for these are His real friends.”**

**St Teresa of Avila (1582 +)**

Excerpt from *The Way of Perfection* 34:9-11

