

Work hard? Eat well, live fully...

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**But by the grace of God I am what I am,
and his grace to me was not without effect. - I Cor 15:10a**



**"When we work hard, we must eat well.
What a joy, that you can
receive Holy Communion often!
It's our life and support in this life --
Receive Communion often,
and Jesus will change you into Himself."**

St Peter Julian Eymard