

# Spiritual dew...

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**Make holy, therefore, these gifts, we pray, by sending down  
your Spirit upon them like the dewfall, so that they may  
become for us the Body and Blood of our Lord Jesus Christ.**

*(Prayers at the Eucharist: "calling upon the Holy Spirit")*

*Someone once asked the celebrated biologist, Sir Frederick Grant Banting, why he cared so much about daily Communion.*

**"Have you ever reflected," he answered, "what would happen if the dew did not fall every night? No plant would develop. The grass and flowers could not survive the evaporations and the dryness that the day's heat brings in one way or another. Their cycle of energies, their natural renewal, the balance of their lymphatic fluids, the very life of plants requires this dew..."**

After a pause, he continued: **"Now my soul is like a little plant. It is something rather frail that the winds and heat do battle with every day. So it is necessary that every morning I go get my fresh stock of spiritual dew, by going to Holy Communion."**

Excerpted from *Jesus Our Eucharistic Love*  
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