

Like a river in a flood....

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**And from his fullness we have received, grace upon grace.
For the law was given through Moses;
grace and truth came through Jesus Christ. - John 1:16-17**



"The Eucharist is the food of the soul
that maintains, mends, increases,
and gladdens the life of grace in the soul,
because it gives to it the very Author of grace.

The divine life can enter into us by other doors,
but it is by **Holy Communion that it**
inundates our souls like a river in a flood."

Blessed Columba Marmion

1858-1923