

# Crux, Hostia, et Virgo...

[truthhimself.blogspot.com/2018/09/crux-hostia-et-virgo.html](http://truthhimself.blogspot.com/2018/09/crux-hostia-et-virgo.html)

**"O sacrament of devotion! O sign of unity!  
O bond of charity!" - St Augustine**



Painting: The Virgin with the Host ~ Jean Auguste-Dominique Ingres, 1860, France

**"There is nothing littler, meeker or more silent  
than Christ present in the Host.**

This little piece of bread embodies the humility and perfect silence of God,  
His tenderness and His love for us.

**If we want to grow** and  
**to be filled** with the **love of God**,  
it is necessary to plant our life firmly on **three great realities**:  
**the Cross, the Host, and the Virgin**:  
*crux, hostia, et virgo. ...*

These are three mysteries that God gave to the world in order to  
**structure, fructify, and sanctify our interior life and lead us to Jesus.**

These three mysteries are to be contemplated in silence."

Robert Cardinal Sarah  
in *The Power of Silence*  
*Against the Dictatorship of Noise* (57)