

*(From Mo. Marguerite Guillot Conferences to the Novices)*

## **ON HOLY COMMUNION – May 21, 1866**

Dear Sisters, I would like to speak to you about Holy Communion which, being the most sublime act that we can do, should be prepared for when all the care and love that is in our power.

Our preparation is composed of the remote preparation and the proximate preparation, to which we can also add immediate preparation.

The remote preparation consists in the practice of the virtues which please our Lord: recollection, humility, self-denial, meekness, patience, etc.

The proximate preparation is the disposition in which we place ourselves from early morning, to approach Holy Communion with devotion by directing our thoughts and aspirations towards Jesus *Hostia*.

Finally, the immediate preparation is made by reciting the acts before Holy Communion.

We have the happiness of receiving Communion every day, my daughters. Reflect on greatness of this grace and also on the account we shall have to render to God for it.

Let us make our lives a continual preparation and perpetual thanksgiving. If we were well-imbued with the sentiment which God's generous self-giving should inspire in us, we would live only for Holy Communion, either to prepare us for the next one or render thanks for the last one. All our actions would be directed toward this goal. How much greater perfection would we then bring to the accomplishment of all our exercises! What sentiments of love and desire, what sentiments of sorrow and of firm purpose of amendment would be ours!

Keep these thoughts before you in order to avoid routine in accomplishing such a holy action, for it is because of our weakness that we are exposed to this danger in often repeated actions. After sometime, we carry out our most serious obligations only as a routine. That can happen even in regard to Holy Communion.

Beware, then of this torpor and rekindle in yourselves the thoughts that a lively faith inspire in order to always appreciate the incomprehensible blessing of frequent communion.

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