

HOLY COMMUNION IS YOUR TREASURE

CONSIDER WHAT YOU LOSE WHEN YOU MISS ONE HOLY COMMUNION:

1. YOU MISS A PERSONAL VISIT WITH JESUS, THE AUTHOR OF ALL SPIRITUAL ENERGY AND OF ALL HOLINESS.
2. YOU LOSE A SPECIAL INCREASE OF SANCTIFYING GRACE, THAT GRACE WHICH MAKES YOUR SOUL MORE PLEASING TO GOD.
3. YOU LOSE THE SACRAMENTAL GRACE WHICH ENTITLES YOU TO SPECIAL HELP IN TIMES OF TEMPTATION AND IN THE DISCHARGE OF YOUR DUTIES.
4. YOU LOSE A PRECIOUS OPPORTUNITY OF HAVING ALL YOUR VENIAL SINS WIPED AWAY.
5. YOU LOSE THE SPIRITUAL JOY, THE SWEETNESS, AND THE PARTICULAR COMFORT THAT COME FROM A FERVENT HOLY COMMUNION.
6. YOU MAY LOSE:
 - A. COMPLETE VICTORY OVER SOME FAULT OR PASSION.
 - B. THE CONVERSION OR SALVATION OF SOME SOUL.
 - C. THE DELIVERANCE OF A RELATIVE OR FRIEND FROM PURGATORY.
 - D. SOME PARTICULAR GRACE LONG PRAYED FOR.

7. YOU MISS THE SPECIAL PRESERVING INFLUENCE WHICH EACH HOLY COMMUNION CONFERS AGAINST THE FIRES OF PASSION.
8. YOU LOSE A GREATER DEGREE OF GLORY THAT WOULD BE YOURS IN HEAVEN FOR ALL ETERNITY.

OF WHAT RICHES YOU DEPRIVE YOURSELF DAILY BY NEGLECTING HOLY MASS. AT THE HOUR OF DEATH YOUR GREATEST CONSOLATION WILL BE THE MASSES YOU HAVE HEARD AND THE HOLY COMMUNIONS YOU HAVE RECEIVED.

PLEDGE YOURSELF TO RECEIVE HOLY COMMUNION AT LEAST ONCE A WEEK..