

THE HOLY
EUCCHARIST
OUR ALL



The Heavenly Father, in giving us Jesus, His beloved Son, has “with Him, given us all things.”
(*Romans 8:32*).

THE HOLY EUCHARIST OUR ALL

By

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*“The bread that I will give, is my flesh,
for the life of the world.”*

—John 6:52

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Behold the Bread of Angels
made the Food of men!

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Chapter 1

Our God and Our All

DURING the reign of the Roman Emperor Justinian, A.D. 527, the city of Antioch was repeatedly shaken by violent earthquakes. People found no other means of safety than that of inscribing on their doors the words which were revealed to a faithful servant of God: *Christus nobiscum; state!*—“**Christ is with us; stand firm.**” All the houses whose doors bore this inscription are said to have been preserved from the ruin which threatened them, while the others were shattered and crushed.

It is similar with those souls who love and serve God. In the midst of a Godless world there is but one means of preservation from eternal ruin, one means of perseverance in the great tribulation of life—faithful adherence to the Most Blessed Sacrament, to the God-man concealed beneath the form of

bread and wine. The words, "Jesus Christ is with me; stand firm," should be engraven in the heart of every Christian. Protected by this shield, the servants of God will remain firm in the Faith, even though all about them totter and fall.

Our devotion to the Most Blessed Sacrament must be true and tender; it must show itself by our assisting at Holy Mass—not only on Sundays, but also on weekdays, as far as the duties of our state allow. Above all, our love for Jesus in the Holy Eucharist must manifest itself by a frequent reception of Holy Communion, by visits to the "Prisoner in the Tabernacle," and by a penetrating faith in this Mystery of Love.

In a word, our life must be a life in Christ, rooted in the Holy Eucharist. With **St. Ignatius** we must be able to say, "To withdraw from creatures and repose with Jesus in the Tabernacle is my delight; there I can hide myself and seek rest. There I find a life which I cannot describe, a joy which I cannot make others comprehend, a peace such as is found only under the hospitable roof of our best Friend."

"Jesus in the Tabernacle protects me

against all my enemies: against the evil spirits, the world, my own wicked passions and evil inclinations. He is my support in weakness, my comfort in suffering, my weapon in combat, my refreshment in heat, food for my hungry soul, my stimulus when I am exhausted—He is my Heaven on earth. Jesus in the Tabernacle is my riches in poverty, my defense in calumny, my crown in misfortune. **Jesus in the Tabernacle is my God and my All!"**