



## FEBRUARY 2023

### From the Catechism of the Catholic Church, paragraph 1356

"If from the beginning Christians have celebrated the Eucharist and in a form whose substance has not changed despite the great diversity of times and liturgies, it is because we know ourselves to be bound by the command the Lord gave on the eve of his Passion: 'Do this in remembrance of me.' [1 Cor 11:24-25]"

**Quote:** "Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart...don't listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love..."

"Receive Communion often, very often...there you have the sole remedy, if you want to be cured. Jesus has not put this attraction in your heart for nothing..."

"The guest of our soul knows our misery; He comes to find an empty tent within us - that is all He asks."

- St. Therese of Lisieux

**Reflection:** Do I realize that Jesus' love for me is personal? That if I were the last remaining human on earth, He would have died for me that I might be delivered from my sin and enjoy eternal salvation? How intimate is my love for Jesus? How do I spend time with Him outside of Mass?

**Prayer:** Lord Jesus Christ, I give you thanks and praise for your deep, intimate love of me. Give me the grace to love you in return in the measure that you have loved me. By your grace, help me to see that your love for all my brothers and sisters calls me into communion with them. Open my heart to your love. We make this prayer through Christ our Lord.