



## JANUARY 2023

### From the Catechism of the Catholic Church, paragraph 1355

"In the communion, preceded by the Lord's prayer and the breaking of the bread, the faithful receive 'the bread of heaven' and 'the cup of salvation,' the body and blood of Christ who offered himself 'for the life of the world': [Jn 6:51.] Because this bread and wine have been made Eucharist, 'We call this food Eucharist, and no one may take part in it unless he believes that what we teach is true, has received baptism for the forgiveness of sins and new birth, and lives in keeping with what Christ taught.' [St. Justin]"

**Quote:** "Love cannot triumph unless it becomes the one passion of our life. Without such passion we may produce isolated acts of love; but our life is not really won over or consecrated to an ideal. Until we have a passionate love for our Lord in the Most Blessed Sacrament we shall accomplish nothing."

- St. Peter Julian Eymard

**Reflection:** Are my efforts with St. Vincent de Paul "isolated acts of love," or are my efforts grounded in a love for Jesus Christ in the Most Blessed Sacrament?

**Prayer:** Lord Jesus Christ, give me the grace to love you in the Eucharist more than anything else in my life. Help me to see you in those I serve. Help me to love them more and more each day. We make this prayer through Christ our Lord.