



**ALL THINGS NEW**

STEADFAST IN FAITH • FORWARD IN HOPE



**Created Anew**

by the Body and Blood of Christ,  
Source of Our Healing and Hope

# EUCHARISTIC REFLECTION

## THE SOURCE OF OUR JOY

As we enter this Third week of Advent: Gaudete Sunday we look to the Eucharist as the source of our joy.

Fr. Lawrence Lovasik says this about the Joy of the Eucharist: **Holy Communion is the feast of the soul** — that is to say, a source of deepest joys.

As bread imparts to the body strength and a feeling of contentment, so does the Bread of Life bring peace and joy to your heart because of the wonderful fruits of grace it produces in your soul.

St. Thomas Aquinas says:

*“This Bread of Angels, containing in itself all delights, satisfies by an admirable virtue the taste of all those who receive it worthily and with devotion; it satisfies better than the manna of the desert and surpasses the relish of all sensual pleasures.”*

The glorious Christ who comes to you hidden under the sacramental species is the same Christ who, having redeemed and sanctified us, will be our everlasting joy in Heaven.

At Holy Communion, there is opened to you a world of life, light, and love, a gracious outpouring of the treasures of the Sacred Heart of Jesus, the Fount of all grace, holiness, and Christian joyfulness. At this fount of joy you will find the strength and courage to undertake great things for God’s glory and the welfare of your neighbor.



**ALL THINGS NEW**

STEADFAST IN FAITH • FORWARD IN HOPE



**Created Anew**

by the Body and Blood of Christ,  
Source of Our Healing and Hope

Heaven is the possession of God in all His glory and beauty; therefore, since Holy Communion is the possession of that same God, although veiled under the sacred elements, it follows that Holy Communion is a foretaste of the joys of Heaven.

*Try to form some idea of the heavenly joy that unceasingly wells up in the soul of Jesus, who is within you in Holy Communion with all His infinite bliss.*

Perhaps sometimes in the past you have felt spiritual consolation and peace, like a foretaste of the joys of Heaven. Multiply such happiness a thousand times more than you can imagine; it is still nothing compared with the bliss that fills the soul of Jesus.

Like the Father, Jesus is infinitely perfect, and this fills Him with infinite joy. Each of His divine perfections — His beauty, wisdom, holiness, love, mercy, and power — is for Him an object of loving contemplation that overflows into inexpressible joy. The love He has for the Father, and His Father's love for Him, flood His Sacred Heart with indescribable happiness that will be our admiration and bliss for eternity