

a meditation, The Holy Eucharist, "Food That Endures"
by Blessed Hyacinthe-Marie Cormier, OP (1832-1916)

I CORINTHIANS 11:23-29 – Saint Paul on The Eucharist

23 For I have received of The Lord that which also I delivered unto you, that The Lord JESUS the same night in which He was betrayed took bread:

24 And when he had given thanks, he brake it, and said, Take, eat: This is My Body, which is broken for you: this do in remembrance of Me.

25 After the same manner also He took the cup, when he had supped, saying, This Cup is The New Testament in My Blood: this do ye, as oft as ye drink It, in remembrance of Me.

26 For as often as ye eat This Bread, and drink This Cup, ye do shew The Lord's death till He come.

27 Wherefore whosoever shall eat This Bread, and drink This Cup of The Lord, unworthily, shall be guilty of The Body and Blood of The Lord.

28 But let a man examine himself, and so let him eat of That Bread, and drink of That Cup.

29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning The Lord's body.

*[adapted from "Meditation of The Day, Food That Endures." Blessed Hyacinthe-Marie Cormier, O.P. The Magnificat, 6/06/2021, p 102.]

** {Blessed Hyacinthe-Marie Cormier, O.P. was a French Dominican Priest. He served as the 76th Master of The Order of Preachers from 1904 until 1916. He was beatified by Pope John Paul II in 1994.}

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“In This ineffable (indescribable) Mystery of The Eucharist, JESUS CHRIST is The True Nourishment of our souls. When we receive His Body and Blood, His Life permeates ours down to the depths of our heart.

We remain in Him, and He remains in us, not just in a spiritual manner by Grace, but substantially and corporeally, to the point of becoming in a sort of way, One Body and Blood with us.

After Communion, The Savior furthermore resides in us by His Virtue:

- **He animates us,
- **keeps us in the life of Grace,
- **fortifies us against the temptations of the Devil and the violence of our passions,
- **weakens the ardor of our concupiscence (fallen man's natural tendency towards sin),
- **enlightens our souls,
- **increases The Divine Love in our hearts,
- **consoles us in all our pains and afflictions,
- **and finally gives a Pledge of Eternal Bliss for our souls
- **and a seed of The Resurrection and glorious immortality for our bodies.

Oh my JESUS, give me The Grace to perceive The Blessings of The Bread of Angels descended from Heaven for me! For as You deign (decree) to be my Nourishment, prepare my heart as well, that I may receive You worthily and frequently.

Give me a habitual disposition of living faith, firm hope, ardent charity, profound humility, complete confidence and perfect gratitude.
May the benefit(s) of This Food serve especially to animate me entirely in Your SPIRIT, so that I may live no more except for You, by You, and through You. Amen.”

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