

Saints and Others on the Catholic Eucharist

Pope John Paul II, "The Eucharist is the Sacrament of the Love which conquers death."

Blessed Mother Teresa, "When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now."

St Ephraem, "The purer we are, the more we receive."

St Euchrasia, "How often when we are in a state of distress, those to whom we look for help leave us, or what is worse, add to our affliction by heaping fresh troubles upon us. Jesus is ever there waiting to help us."

St Thomas Aquinas, "{The Eucharist, puts demons to flight.
defends us against sins (and addictions).
enlightens the understanding.
inflames the will with love of God.
fills the memory with spiritual sweetness.
frees us from eternal death for eternal life."

St Alphonsus, "My Jesus, you are always available for a visit by anyone."

Louis of Grenada, "Consider the generosity of our Savior. As often as we receive Him, we make our own the fruits of all his labors, injuries and sufferings."

St Margaret Alacoque, Jesus appeared to her and said, "Behold this Heart which has so loved all that it has spared nothing even to exhaustion in order to testify to its love. In return, I receive from many only ingratitude"...."What is most painful to Me is that they are hearts consecrated to Me."

St Peter Julian Eymard, "In one day the Eucharist will make you produce more for the glory of God than a whole lifetime without it."

"To be possessed by Jesus and to possess Him- that is the perfect reign of love."

"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."

St John Vianney, "All good works are the works of men, but the Mass is the work of God. Martyrdom is the sacrifice of man to God. The Mass is the sacrifice of God for men."

Ronald Knox, "The day's food for the day's march...that is what Holy Communion is meant to be."

Pope Leo XIII, "Our belief is that the renovation of the world will only be brought about by the Eucharist."

Frederick Ozanam, "The best way to economize time is to 'lose' an hour everyday attending Mass."

St Maximilan Kolbe, "The culmination of the Mass is not the consecration, but the communion."...Your blood now runs in mine giving courage and support."

St Therese. "Receive Communion often...Jesus has not put this attraction in your heart for nothing."

"It is not to remain in a gold ciborium that He comes down each day from Heaven, but to find another Heaven, the Heaven of our soul in which He takes delight."

"You must open a little so that the bread of angels may come as divine dew to strengthen you, and to give you all that is wanting to you."