

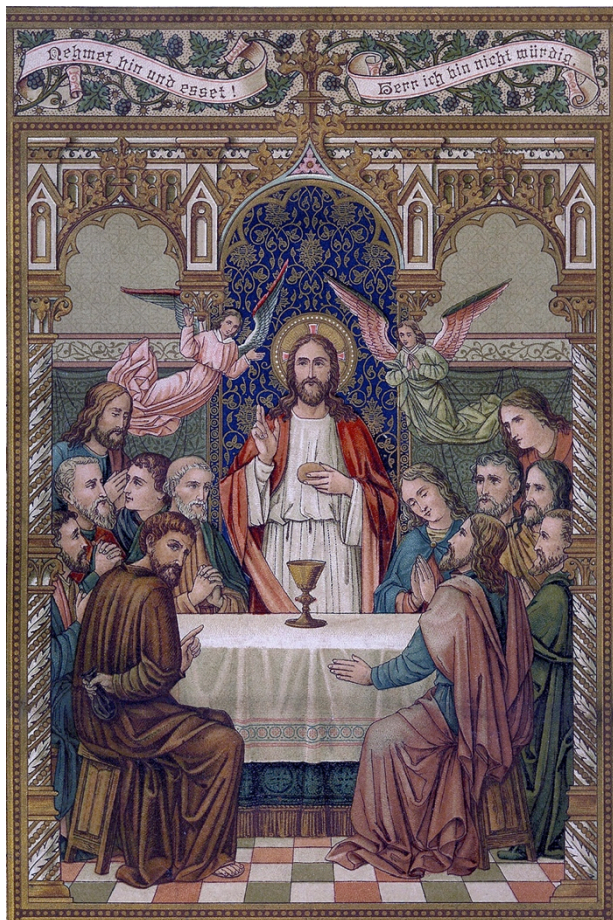
Your Sacred Table

By St. Francis de Sales

Divine Saviour, we come to Your sacred table to nourish ourselves, not with bread but with Yourself, true Bread of eternal life. Help us daily to make a good and perfect meal of this divine food. Let us be continually refreshed by the perfume of Your kindness and goodness. May the Holy Spirit fill us with His Love. Meanwhile, let us prepare a place for this holy food by emptying our hearts. Amen.



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