

**Ten Points from my sermon on the Solemnity of the Body and Blood of the Lord
June 18, 2017**

How to get the most out of God's greatest gift to us: the Most Blessed Sacrament

1. Clean out our soul by utilizing the Sacrament of Reconciliation
2. Calm ourselves by arriving to Mass at least 10 minutes early
3. Fast before receiving Holy Communion (more than just the mandatory one hour)
4. Study the famous Eucharistic miracles, especially that of Lanciano
5. Look up at the Crucifix before receiving
6. Say a prayer of thanksgiving after you have received Holy Communion
7. Stay to the end of Mass and beyond – the Eucharist isn't fast food!
8. Know the locations of the tabernacles in our home area, and send your prayers there
9. Participate in Eucharistic Adoration
10. Serve the poor

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