



mean that it brings joy INTO us, that we INTERNALIZE joy? If so, what is more to be “enjoyed” than receiving the Body and Blood of our crucified and risen God, Who IS our Joy? We live in a culture that is long on pleasure, but short on joy. And that is no accident. To the degree that we surfeit ourselves on pleasures, we starve ourselves of Joy. On the other hand, if we feast on Christ our Joy, pleasures pale in comparison and so do hardships. So, whatever pleasures and hardships have come our way in the past year, and whatever ones await us now, may we “enjoy” the Resurrection of our Lord and Savior, Who died and rose to fill us with the Joy of Heaven. —  
*Abbess Melania of Holy Assumption Monastery, Calistoga, CA*