

A bundle of golden wheat stalks tied together with a red string. The wheat is ripe and has a warm, yellow-gold color. The stalks are bundled together at the base and fan out at the top. A red string is wrapped around the base of the bundle.

**My Jesus,
I believe that You are present in the Most Holy Sacra-
ment. I love You above all things, and I desire to re-
ceive You into my soul. Since I cannot at this moment
receive You sacramentally, come at least spiritually into
my heart. I embrace You as if You were already there
and unite myself wholly to You. Never permit me to be
separated from You. Amen.**