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"How can we help the Church?"

St. Josemaria tell us that when we fight to overcome our selfishness we are helping everyone in the Church, through the Communion of Saints.

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Let's help the Church, let's serve the Church, let's love everyone, and then things will go well. And how will things do well? How will we help the Church? By trying -- as we say every day -- to conquer ourselves, each of

us. We feel something dragging us downwards, and we say, "No. Upwards!"

And if with God's grace we conquer, we are helping everyone else through the Communion of Saints, sending them arterial blood, oxygenated blood that's pure and clean.

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