## OF THE BLESSED SACRAMENT

who speaks by Mary's lips, who loosens the tongue of Zacharias; Jesus who allows His Mother to say of Him what He Himself shall one day say of His Father : He who lives in me acts in me.

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The Visitation is the first exterior diffusion of the grace of the Incarnate Word ; the first ray of the Sun of Justice through the cloud that covers it. Jesus renews this mystery frequently, even daily in His sacramental life, firstly when crossing our lips He enters into us by Holy Communion ; from the body He goes to the soul and through the most remote regions of this interior kingdom called self, blessing in His passage the intellect that He enlightens, the heart He inflames, the imagination He excites and purifies, the memory wherein He engraves His name in characters of fire, in a word, the whole being which He embalms with His salutary perfume : Oh ! what a visit. Later on it will be our blessed privilege to consider it more fully but to-day we must not deviate from our main point.

There is another visit that naturally follows the first : we will merely glance at it in passing. This Christian who has communicated, this pious matron who has approached the holy table, return to their ordinary occupations, their duties of state, but they carry, so to speak, Jesus Christ with them and silently introduce Him into their homes, their offices, their shops ; while something in them so plainly reveals His blessed presence that we could almost kneel and adore Him in His new tabernacle. What a blessing they are for those with whom they come in contact; their very presence does good, their words diffuse happiness, their looks speak peace, there is around them an indescribable plenitude of the Holy Spirit that impresses, ennobles, edifies, commands respect, wins admiration and forces the beholder to exclaim : Fortunate souls you are full of grace, we know God is with you. At least that is how I see the matter, and how it should be, and therein lies the secret of the uplifting influence of a fervent Christian and especially of a good holy priest.

Though we have said much we have not yet come to the real Visitation of which we want to speak, the one we have meditated for you and which is : A priest, a friend, a Christian soul has come and whispered to Jesus in His

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