

because, although Jesus Christ ardently desires that, living in His grace, you should nourish yourself daily on Him in His Sacrament, yet neither He, nor His Church has made it a precept, and there can be no sin where there is no law. On the other hand, *humility*, which sometimes keeps you *respectfully* away from the Divine Eucharist, is a great virtue. Thus we read in the *Imitation of Jesus Christ*: "If sometimes a person abstaineth out of *humility*, . . . he is to be commended for reverence."

I do not conceal from you, Christian soul, that such abstentions through respect, although rare, seem to me *dangerous*; not certainly on account of any sin, for there is none, but because they may render you less dear to God, less pleasing to His Heart. Puis X., in his recent Decree mentioned above, advises no such abstentions.

And indeed, since on the one hand you know how much Jesus Christ desires that all souls living in His grace should daily nourish themselves with Him, "the living Bread come down from Heaven," when duty does not prevent, how can you, on the other hand, be sure that He desires to see you sometimes absent yourself through respect from His Divine Sacrament? Is it by a special inspiration?—But in this case, are you always certain that such an inspiration always comes from your sweet Saviour? . . . May it not emanate from Satan, the eternal enemy of Communion, above all of frequent and daily Communion? . . . Is it that "transfigured as an angel of light," he is seeking to deceive you under the appearance of good, under the pretext of respect and reverence toward the adorable Eucharist, as already under this fallacious appearance he seduced and led astray the disciples of the Jansenists, those false apostles whom we can never sufficiently detest?

If, then, Christian soul, this inspiration should ever come to you—(and, thanks be to God, it has not yet come!)—of sometimes abstaining from Holy Communion through respect, manifest it to your confessor, abandoning yourself blindly to his decision, for "he who obeys his spiritual Father cannot go astray."

(to be continued)