

Visit to the Blessed Sacrament.

The blessing of daily Mass, frequent Communion, and daily visits to the Most Holy Sacrament is the privilege of those living in towns. May they avail themselves of it! Those living in the country, far away from the Church are deprived of these heavenly favors. How are they to manifest their love and gratitude by visits to the Blessed Sacrament? In the first place they have an opportunity of satisfying their devotion to the Blessed Sacrament on all Sundays and holy-days, both before and after Mass. Here is a good opportunity to pay a loving and fervent visit to Jesus, to make up for one's absence during the week. Again, people from the country often come to town on business. They should never lose so good an opportunity of looking into the church to pay a visit to their beloved Lord. To come in specially to pray before the Blessed Sacrament would be time not lost but gained, time well spent, time precious at the hour of death.

Besides these and other occasions of actual visits to the Blessed Sacrament, the pious soul can supply all defects of opportunity by visits in spirit. And this holy practice will draw down showers of grace upon our souls. The devout Christian in his humble home, whether by the bleak mountain's side or far away in the bog, can enter the closet of his heart, and kneel in spirit before his Lord. With the eyes of faith he sees Jesus on the altar; he adores and loves Him; he begs His graces and blessings; he elicits the very same acts, and derives the very same advantages, as if he had been really in the church in the actual presence of the Blessed Sacrament.

These spiritual visits can be made at all times and in all places, and are recommended to all, but especially to those living at a distance from the Church. How the