

On Visiting Jesus Dwelling on our Altars

If you had some dear friend living near you, you would often go to see him, and the dearer he was to you, the oftener you would visit him. Our dear Lord is always present in the Blessed Sacrament on the altar, waiting for you to go to visit Him. Try, then, to go there very often, that you may get a share of the blessings He bestows on those who go to visit Him.

Father Louis at Our Lord's Feet

Father Louis la Nusa, a great missionary of Sicily, was, even when a young student in the world, so much attached to Jesus Christ that it seemed as if he could hardly tear himself away from the presence of His Beloved Lord, on account of the great delight he found in His company; and being commanded by his director not to remain before the Blessed Sacrament longer than an hour at a time, when that period had elapsed it was as difficult for him to separate himself from the presence of Jesus as for an infant to tear itself from its mother's breast. The writer of his life says that when he was forced to leave the church, he would stand looking at the altar, and turn again and again towards it as if he could not take leave of his Lord, whose presence was so sweet and consoling.

A Pious Practice of St. Elizabeth

St. Elizabeth of Hungary was accustomed even in her childhood to visit Jesus Christ often in the Blessed Sacrament. If she found the church closed, she would affectionately kiss the lock of the door and the walls of the church for love of Jesus Christ in the Holy Eucharist.

St. Alphonsus's lesson

When St. Alphonsus Ligouri was an old man, and could not leave his room, his greatest grief was that he could no longer go to visit Jesus in the Eucharist. "Do you not know," he used to say, "that you may obtain more by a quarter of an hour's prayer before the altar than by all the other devotions of the day put together?"

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Marian King
Maria Regina – Seaford, NY

Paul Maher
St. James Church – Albany, NY

Carl Janis
Our Lady of Sorrows – Vestal, NY

Sue Bouby
St. Jude the Apostle – Rochester, NY

Each month, a Mass is offered for deceased members listed in the monthly letter; and another Mass is offered for all past deceased members.

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My Dear Friend in Christ, Could you please help with the printing and mailing of these letters with a donation? Thank you. God bless you and Mary keep you.

Teresa Burkard

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Communion Thanksgiving: Jesus sits in our soul as on a throne of grace. St. Alphonsus di Liguori

NAS Letter
July
2025

... in His Presence

*Jesus remains on the Altar,
that every one may be able to
find Him*

Jesus Really Present For Me:

St. Teresa said, that in this world it is impossible for all subjects to speak to the king. As for the poor, the most they can hope for is, to speak to him by means of some third person. But to speak with Thee, O King of Heaven, there is no need of third persons; for **everyone that wishes can find Thee in the Most Holy Sacrament**, and can speak to Thee at his pleasure and without restraint.

Christ Presence -- without Fear:

For this reason, said the same saint, Jesus Christ has concealed His majesty in the Sacrament, under the appearance of bread, in order to give us more confidence, and to take away from us all fear of approaching Him.

Come to Me & I will Refresh You:

Oh, how Jesus seems continually to exclaim from the altar: **Come to Me, all you that labor and are burdened, and I will refresh you.** (Matt. 11:28) Come, he says, ye poor: come, ye infirm; come, ye afflicted; come, ye just and ye sinners, and **you shall find in Me a remedy**

Please take and keep this letter and reflect on its contents during the month in your visits to the Blessed Sacrament and see that your heart and mind will open to His grace into knowledge and love of God, Our Lord, Jesus Christ.

for all your losses and afflictions:

such is the desire of Jesus Christ; to console everyone who has recourse to Him, He remains day and night on our altars, that He may be found by all, and that He may bestow favors upon all.

Hence the Saints experienced in this world **such pleasures in remaining in the presence of Jesus in the Blessed Sacrament**, that days and nights appeared to them as moments.

Examples:

The **Countess of Feria** having become a nun of the Order of **St. Clare**, was never wearied of remaining in the choir in sight of the tabernacle: being asked one day what she was doing so long before the Most Holy Sacrament, she answered with surprise: "What do I do before the Blessed Sacrament? what do I do? I return thanks, I love and I pray!"

Jesus – Our Whole Love:

St. Philip Neri being in the presence of the Blessed Sacrament, exclaimed: "Behold my love, behold all my love?" Ah, if Jesus were thus our whole love, days and nights in His presence would appear also to us as moments.

Affections and Prayers:

O my Jesus, from this day forward I also hope to say always to Thee, when I come to visit Thee on Thy altars: "Behold my love, behold all my love!" Yes, my beloved Redeemer, I will love none other but Thee; I desire that Thou shouldst be the only love of my soul. I seem to die of sorrow when I think that hitherto I have loved creatures and my own pleasures more than Thee, and have turned my back upon Thee, the sovereign good.

Motivated by The Goodness of God:

But Thou wouldst not have me lost, and therefore hast Thou borne with me with so much patience; and instead of chastising me, Thou hast pierced my heart with so many darts of love, that I could no longer resist Thy kindness, but have given myself up to Thee; I see that Thou wouldst have me to be entirely Thine.

Holy Desires:

But since Thou wouldst have it to be so, do Thou make me so Thyself; for it is Thou who must do it. Do Thou detach my heart from all earthly affections and from myself, and grant that

I may seek none other but Thee,
that I may think of none but Thee,
that I may speak of none but Thee, and
that I may only desire and sigh to burn
with love for Thee,
and to live and die for Thee alone.

Abandonment:

O love of my Jesus, come and occupy my whole heart, and expel from it all other love" but that of God! I love Thee, O Jesus in the Sacrament, I love Thee, my treasure, my love, my all.

Invocation to Mary:

O Mary, my hope, pray for me, and make me belong entirely to Jesus.

The Holy Eucharist by St Alphonsus de Liguori

**The Holy Eucharist "The
Mystery Of Faith"**

Testimony Ancient Fathers

St. Cyril of Jerusalem wrote: "Do not judge of this matter by how it appears to the taste, but by the faith which God has implanted in you. For in this Sacrament our faith assures us with infallible certainty that you really and truly partake of the Body and Blood of Jesus Christ."

The following are the words of **St. Ambrose** concerning this great Sacrament: "Before the words of consecration are pronounced the Body of Jesus Christ is not there; but after the words of consecration are uttered, the bread becomes the Body of Christ. He said that it was to be made, and it was made; He commanded that it should be created, and it was created.

In the sermons of **St. John Chrysostom** we read the following words: "Where is the shepherd who feeds his flock with his own blood? What do I ask when I say this of a shepherd? There are to be found even mothers who, after having suffered the pains of childbirth, hand over their children to be nourished by other women. It is not thus that Jesus Christ treats His sheep, for He feeds them with His own Body and Blood."

All the Fathers of the Church speak to us in the same manner, and it has been the belief of the faithful in all lands and at all times. We also, my child, in the fullness of our grateful hearts, should humbly cast ourselves on our knees in the presence of this august Sacrament, and exclaim with the devout man in the Gospel: "O Lord, I believe; help Thou my unbelief."

Transubstantiation

Our Lord Jesus Christ is truly present in the Holy Eucharist under the species of bread and Wine, so that after the consecration He is wholly and entirely under every particle of what appears to be bread, and every drop of what appears to be wine.

This is effected by the power of God, to whom nothing is impossible, and we must believe it without doubting, not because we can understand it, but because God has revealed it, and the Church teaches it to us. This is what is meant by Transubstantiation.